

A Gardener's Guide to Cooking for Nutrition



AWESOME COOKING METHODS: 😊

Steaming

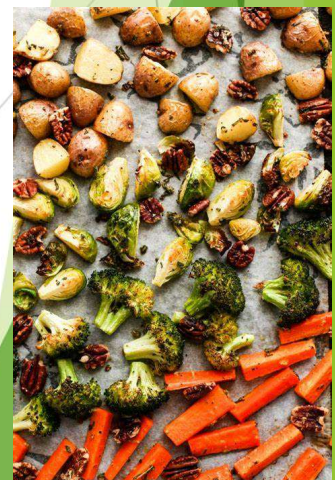
One of the **best methods** of preserving nutrients in all veggies and meat. There is only a 9-15% reduction in vitamin C in vegetables. Fix the “bland-ness” by adding various seasoning!

Roasting

Another great method to preserve nutrients as vitamin losses are minimal for both veggies and meat. Extended cooking times at high temperatures, however, may cause up to a 40% reduction in vitamin B found in meat.

Stir-frying

Wonderful way to **increase the amount of beta carotene** (ie, vitamin A precursor) absorption! Beta carotene is found in high levels in **carrots**, and eating stir-fried carrots allows for more absorption of this helpful nutrient compared to eating raw carrots. This cooking method, however, does significantly increase the amount of vitamin C that is lost from veggies so make sure to eat steamed or roasted veggies to provide adequate vitamin C intake.



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COOKING METHODS cont'd:

Boiling (Try to **AVOID!**)

Veggies (and meats) lose the most nutrients when they are BOILED! Vitamin C (found in veggies) and vitamin B (found in meat) are sensitive to heat *and* are water soluble so prolonged hot water immersion leads to loss of these minerals into the water. This may be okay if you're making a soup or sauce in which case the nutrients that seeped out will end up being consumed, but if this is not the case, your veggie may have lost more than 50% of its nutrient value.

Slow cooking

Not as many studies have been conducted on nutrient content of vegetables that have been prepped in this manner. However, it is reasonable to assume that nutrient losses will be slightly less than they are for boiling given the lower temperature that is typically used in this cooking method. Also, given that the majority of foods that are prepared this way are soups and stews, the minerals and other vitamins that may have leached out from the ingredients will still be consumed in the liquid! If the meal does not involve consuming the liquid portion, but calls for veggies, the veggies can be added in towards the end of the process (ie, leave meat in all day, add veggies an hour or so before mealtime) to prevent leaching out of vitamins.



References and Links!

Cooking for Nutrition Page 1:

- ▶ <https://www.ncbi.nlm.nih.gov/pubmed/19650196>
- ▶ <https://www.ncbi.nlm.nih.gov/pubmed/24837935>
- ▶ <https://www.emerald.com/insight/content/doi/10.1108/NFS-11-2012-0123/full/html>
- ▶ <https://www.ncbi.nlm.nih.gov/pubmed/21923982>
- ▶ <https://www.emerald.com/insight/content/doi/10.1108/NFS-11-2012-0123/full/html>
- ▶ <https://www.ars.usda.gov/ARSUserFiles/80400525/Data/retn/retn06.pdf>
- ▶ Pictures:
 - ▶ https://i.ndtving.com/i/2017-01/steamed-vegetables_620x349_61485777666.jpg
 - ▶ <https://www.ilovevegan.com/>
 - ▶ <https://www.bawarchi.com/recipe/steamed-carrot-salad-oetqnDddfhiee.html>

Cooking for Nutrition Page 2:

- ▶ <https://www.emerald.com/insight/content/doi/10.1108/NFS-11-2012-0123/full/html>
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- ▶ Pictures:
 - ▶ <https://www.stack.com/a/healthy-ways-to-prepare-vegetables>
 - ▶ <https://www.bawarchi.com/recipe/steamed-carrot-salad-oetqnDddfhiee.html>
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