

# The 'pure' foods of pork should not be cooked together

There are many foods when cooking with pork that can reduce the nutrition in meat or make people poisoned.

Pork is a familiar dish of most Vietnamese families. In pork and pork by-products such as viscera, tongue . provide the body with a high protein content as well as vitamins and minerals. In particular, it is rich in thiamin - one of the B vitamins which plays an essential role in ensuring the health of the body. In addition, pork is also rich in selenium, zinc - these substances are extremely good for the brain and healthy immune system.

With pork you can combine, process a lot of delicious dishes such as warehouse, frying, grilling . Help change the flavor for the dish. However, there are foods when combined with pork that are toxic to the body when absorbed.

## 1. Beef, buffalo and goat should not be cooked and eaten with pork



When preparing food, you absolutely should not combine pork with these foods, these are different types of food, because according to oriental medicine, pork is weldable, but the types of meat crawl temperate, The main benefits of the gas are so similar, limiting each other's strengths, reducing the nutritional value of each type of food. So, housewives pay attention when choosing to process.

## 2. Quail, dove

If you do not want facial skin to form black pigments, you should absolutely not process pork or eat with bird meat (quail, pigeon, sparrow). And when combined with pigeon meat will cause difficult to circulate blood gases, affecting body health.

### **3. Pig liver should not be cooked with tofu**



For those who are sick in people, it should be noted that you should not eat pig liver and tofu, these two foods are very different, will make your disease worse.

### **4. Coriander**



According to oriental medicine, the coriander is temperate and has a gas loss. Pork is also warming and useful. Combining these two foods together will make your body suffer from pain that appears around the navel.

## 5. Dream



After eating pork you absolutely should not eat apricots or drink apricot juice because lard and pork are extremely kind of fruit. Apricot is sour when combined with cold sweet pork, it will cause disease to go away (sluggish or dysentery).

## 6. Ginger live



If raw ginger is a spice that enhances the flavor of food when prepared with chicken and beef, it is a fine engraving for pork. In Oriental medicine, pork has a hydrological and ginger nature. If these two foods are combined into a dish, there will be similar, low-level births. It can even cause dark spots on the face.

If you eat it, grab the boiled strawberry leaves and get the drinking water out.

## 7. Soybean



When preparing food, you should keep in mind not to combine soybeans and pork into one dish. Research shows that soybeans contain about 60 to 80% of phosphorus, which affects the quality of some foods when processed together, such as pork, fish .

## 8. Goat liver



Goat liver has a good effect on eyes, treat heat damage, but when combined with pork, it is not good at all. Goat liver often smells bad, when stir-fry or warehouse with pork will cause an unpleasant odor, loss of flavor of the dish, less attractive to users.

Hopefully, with the above useful information, will help housewives get the best choice to protect their health and their families.

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