

# Vegetables that are better eaten cooked than raw

Vegetables are an essential part of your daily diet. However, if you want to get the most out of them, there are some vegetables that you should eat cooked rather than raw.

Vegetables are an indispensable food in daily meals. However, if you want to get the most benefits from them, there are some vegetables that you should eat cooked rather than raw.



In fact, high temperatures can increase the bioavailability of certain nutrients, meaning they are better absorbed by the body. Cooking also makes vegetables easier to digest, which is helpful if you have a sensitive stomach. So which vegetables are better cooked than raw?

### 5 Loại Rau Củ Ăn Chín Tốt Hơn Ăn Sống

 <p><b>Rau Củ Sống:</b> Thành tế bào cứng cứng khóa chất dưỡng chất.</p>	 <p><b>Quả Trình Nấu Chín:</b> Nhiệt làm mềm thành tế bào, giải phóng dưỡng chất quan trọng để cơ thể dễ dàng hấp thụ.</p>	 <p><b>Cà rốt:</b> Tăng cường Beta-carotene (Vitamin A) Nhiệt làm mềm thành tế bào, giúp cơ thể dễ dàng hấp thụ dưỡng chất tốt cho mắt.</p>	 <p><b>Cà chua:</b> Giải phóng Lycopene Nấu chín giúp giải phóng chất chống oxy hóa mạnh mẽ này, tốt cho sức khỏe tim mạch.</p>	 <p><b>Nấm:</b> Tăng khả dụng Vitamin D &amp; chất chống oxy hóa Nấm: Tăng khả dụng Vitamin D &amp; chất chống oxy hóa Nấu chín giúp cơ thể tiêu hóa và hấp thụ các dưỡng chất khó tiêu.</p>	 <p><b>Măng tây:</b> Gia tăng Vitamin A, E, K Nhiệt độ làm tăng khả năng hấp thụ các vitamin hỗ trợ miễn dịch và sức khỏe xương.</p>	 <p><b>Cải xoăn:</b> Giải phóng Canxi &amp; Magie Nấu chín giúp phân hủy các sợi xơ cứng, giúp cơ thể dễ tiêu hóa và hấp thụ khoáng chất.</p>
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## Carrot

Carrots benefit from cooking because the heat softens their tough cell walls, increasing the body's ability to absorb beta-carotene. This is good because beta-carotene converts to vitamin A—an important nutrient for healthy vision and immune function—in the body. Try roasting, steaming, or boiling carrots, which will also bring out their natural sweetness.

When cooking, use healthy fats (like olive oil). Why? Beta-carotene is a fat-soluble nutrient, meaning it needs fat to be absorbed. This is the perfect reason to make a roasted carrot salad or salmon and carrots with pistachios.



## Mushroom

Mushrooms are packed with antioxidants that have anti-inflammatory and immune-boosting properties. These nutrients are difficult to digest when eaten raw, but cooking increases their bioavailability. Likewise, heating increases the bioavailability of vitamin D and beta-glucan—a type of fiber—in mushrooms. To get the most out of their nutrients, try sautéing, roasting, or grilling them. Add cooked mushrooms to pasta or a hot salad, or serve them sliced and grilled as a side dish.

## Tomato

If you love tomato sauce, you'll be happy to know that tomatoes are more nutritious when cooked. The heat breaks down their cell walls, releasing and converting the lycopene into a more bioavailable form.

Note that lycopene is a powerful antioxidant linked to heart health and reduced inflammation. Cooking tomatoes with a little olive oil will help increase absorption even more, since lycopene is a fat-soluble compound. Try roasting, sautéing, or simmering tomatoes into a rich sauce, or add tomato sauce to hummus, omelets, or soups. For a filling meal, make fish in a spicy tomato sauce.

## Asparagus

Asparagus is even more nutritious when cooked, as the heat increases the absorption of antioxidants like ferulic acid and vitamins A, E and K.

Vitamins A and E support vision and immune function, while vitamin K promotes blood clotting and strengthens bones. There are many ways to prepare asparagus, but you should grill or steam it. Then, add it to salads or pasta, or serve it as a simple side dish with olive oil and lemon juice.



## Kale

The nutrients in kale may be more easily absorbed when cooked. Heat helps release minerals like calcium and magnesium, and breaks down tough fibers, making it easier to digest. However, it's important to note that cooking kale may reduce some of its water-soluble nutrients, like vitamin C.

To balance things out, consider using gentler cooking methods like steaming or stir-frying, which retain more nutrients than boiling. You can also try kale cooked with lemon juice or red bell peppers, as they contain vitamin C.

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