

Vegetables that can be eaten raw and are better cooked

No cooking required - these vegetables offer more nutrients, antioxidants and health benefits when eaten raw.

No cooking required - **these vegetables provide more nutrients, antioxidants and health benefits when eaten raw .**

In addition to saving time in the kitchen, eating raw vegetables can provide even greater physical and mental health benefits than cooked vegetables. This article will summarize the best vegetables to enjoy raw - no cooking required, minimal effort and maximum health benefits.

Bell pepper



Bell peppers are one of the richest sources of vitamin C, a powerful antioxidant needed for immune function, collagen production, hormone activation, and protein metabolism. Although vitamin C deficiency is rare today, it can still occur, especially in people who eat few fruits and vegetables. In addition to limited intake, studies show that because vitamin C is water-soluble and heat-sensitive, it is easily destroyed during cooking, especially at high temperatures or for long periods of time. That's why nutritionists recommend enjoying bell peppers raw.

Just 1/2 cup of raw red bell peppers provides more than 100 percent of your daily recommended intake of vitamin C.

To make raw bell peppers more palatable, mix them with hummus, stuff halved bell peppers into tuna or chickpea salad, or add diced bell peppers to grain bowls, wraps, or sandwiches for crunch and color.

Broccoli

Like bell peppers, broccoli is a great source of vitamin C—but that's not the only reason to eat it raw. Broccoli contains the enzyme myrosinase, which plays a key role in converting glucosinolates into sulforaphane, a compound that may help kill precancerous cells and reduce inflammation.

Myrosinase is heat-sensitive and is destroyed during cooking, especially boiling or steaming for long periods of time. Eating broccoli raw preserves more of this enzyme, allowing your body to maximize its sulforaphane production. Enjoy raw broccoli with dips, chopped into salads, or shredded into crisp salads.

Garlic



Although often thought of as an herb or spice, garlic is a vegetable—and has powerful health benefits when eaten raw. Garlic's distinctive smell and flavor come from sulfur compounds, particularly allicin, which is formed when garlic is crushed or chopped. Allicin is linked to garlic's anti-inflammatory and heart-healthy benefits, but it is sensitive to heat.

Heating garlic above 140 degrees F can reduce its allicin content and therefore its health-promoting effects. If raw garlic is too spicy for your taste (or stomach), add crushed or minced garlic at the end of cooking or incorporate it into salad dressings, dips, or spreads. Alternatively, grate a clove of raw garlic into olive oil and lemon juice to make a simple vinaigrette or rub it onto toast before topping it with avocado or sliced tomatoes.

Sugar beet

Beets get their vibrant red color from betalains, antioxidants and anti-inflammatory compounds that are sensitive to heat. Raw beets also retain more vitamin C and natural nitrates, which have been shown to support heart health and enhance exercise performance by increasing nitric oxide levels in the blood.

Beets are known for their nitrate content, which has been extensively studied for its ability to improve blood vessel function. Cooking can significantly reduce these benefits, especially when beets are boiled or roasted at high temperatures. To enjoy them raw, try grating beets into salads, combining them with carrots and apples for a crunchy salad, blending them into smoothies or dips, or thinly slicing them into a beet 'carpaccio' with lemon, olive oil and a sprinkle of goat cheese.

Carrot

Crunchy, sweet, and incredibly convenient. They retain more natural fiber when eaten raw, which can support healthy digestion and help regulate blood sugar and cholesterol. However, they are also high in beta-carotene, a compound that your body converts into vitamin A and becomes beneficial when carrots are cooked.

To get the best of both worlds, incorporate both raw and cooked carrots into your diet. If you boil carrots, consider using the remaining water in soups or sauces to regain lost nutrients. Enjoy raw carrots sliced into sticks for dipping, shredded into salad dressings, or blended into a ginger-carrot sauce with oil, vinegar, and a little honey.

Cucumber



Cucumbers are a refreshing, crunchy fruit. Made up of 95% water, they are naturally hydrating and contain small amounts of potassium, vitamin K, and antioxidants like cucurbitacins, which may have anti-inflammatory and anti-cancer properties.

Use raw cucumbers in salads, and note that cucumbers are among the vegetables linked to better mental health in a recent study of raw consumption. Other easy ways to enjoy raw cucumbers include slicing them into salads and sandwiches, blending them into cold soups, or topping cucumber slices with hummus, cheese, or smoked salmon for a quick, healthy snack or appetizer.

You finished reading the article "**Vegetables that can be eaten raw and are better cooked**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.
