



## Raw Facts of Foods

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We consume foods for enhancing and betterment of our overall health not to harm the same. All foods are more or less beneficial as well as harmful in not taken at the right time in a proper way. For example, turmeric is a very much nutritious aliment/herb but if taken excessively then liver toxification may happen. Thus each and every food item has a certain process for preparation, a certain time for consumption and certain quantity needs to be intake to get optimal benefits.

Today I am going to have a short discussion on the topic process for preparation/intake. Most of the food items we consumed are either raw or cooked. The products we have raw i.e., fruits/some particular veggies or nuts and seeds, either we consume soaked or roasted or raw. I am going to elaborate on the topic of which item we can consume raw or should not consume raw. This needed to cook or soaked.

First of all, we only consume the food items raw are mostly fruits or veggies. There is no doubt that we should eat fruits always raw as it is nature's most gifted food item with all natural sugars, antioxidants, vitamins and minerals, fiber as well as water.

It's important to keep in mind that not all vegetables can be safely consumed in their raw state. Some vegetables contain some harmful enzymes or few toxins that are present naturally in them and sometimes pesticides also need to deactivate by the cleaning and cooking process before consumption.

Potatoes should never be consumed uncooked. What is the proper cooking method for potatoes, which I will discuss in the next issue for sure. Uncooked potatoes not only taste bad, but the starch/carbohydrate contain in potato cause severe indigestion, gas and bloating. It is also suggested to stay away from green-coloured potatoes which contain a high amount of solanine, a toxic compound that can lead to several health issues including headaches and nausea. Also in brinjals, tomatoes, it's found along with chaconine, another toxic compound but in low amounts.

Cruciferous vegetables i.e., from the cabbage family like Broccoli, Brussels sprouts, and cauliflower should never be consumed raw. As carbohydrates contained in these veggies are very hard to digest cause severe gastronomically problems, if someone has a hypothyroid issue they need to limit intake as these may worsen thyroid conditions.

Pyrrolizidine Alkaloids (PAs) are toxins produced by an estimated more or less 500 plant species. PAs can cause a variety of adverse health effects. They can be acutely toxic and of main concern is the DNA-damaging potential of certain PAs, potentially leading to cancer. However human exposure is estimated low and overall health risk has not been evaluated properly. It is found in also in herbal tea and honey which we consider hugely beneficial. But don't panic for the same, as enough documents to prove the same strongly is insufficient.

Sometimes we prefer roasted seeds and nuts, but they are more beneficial when you are consuming them not raw but soaked. As they contain both rich antioxidants and essential fatty acids, so apart from the protein part if roasted in high heat both the fatty acid part or antioxidant can get damaged due to the process. Soaking nuts and seeds in water cause removal of anti-nutrients like phytic acids, and tannins. Soaking makes seeds and nuts comparatively softer, easy to digest and makes better absorbent in the body of iron, zinc, calcium as well as proteins.

Lastly, I will conclude with, if you are having something raw, chose only organic variety as now the day's application of pesticides, colours increase as per demand. Clean it properly by soaking it in plain normal water for at least 10 minutes, remove minimal dirt even with scrubbing the skin properly and chose always seasonal and local variety of veggies and fruits. Limit your intake by suggested quantity, consume it at right time and enjoy a healthy happy life.