

“How to Get the Most Nutrition from Vegetables”

by

Dr. David Clark

<http://www.doctordavidclark.com>

The Place for Answers®

Dr. David Clark

Functional Neurologist

Functional Endocrinologist

10233 E. NW Hwy Ste 508

Dallas, TX 75238

214-341-3737

Blog: <http://drclark.typepad.com>

Follow me on Twitter: <http://twitter.com/DrDavidClark>

[DrDavidClark](http://twitter.com/DrDavidClark)

Facebook: <http://budurl.com/DrClarkonFacebook>

In my private practice, there are basically three components to my treatment plan for anyone (no matter the “diagnosis,” label or conditions):

Diet and lifestyle

Supplementation

Clark Brain-Based Rehab®.

Let’s talk about #1—diet.

You are what you eat and what you absorb.

Many people have eaten themselves into chronic conditions such as diabetes, Multiple Sclerosis, Peripheral Neuropathy, PCOS...

The good thing is, what goes in your mouth has a profound impact on whether or not you’re going to get better.

So what I want to do today is tell you how to get the most out of the vegetables that you’re eating. (That assumes that you are eating vegetables.)

A recent study in Spain compared cooking methods and determined which methods protected the nutrients the best. They basically cooked these vegetables in all these different ways and then measured their antioxidant levels.

Fruits and vegetables are full of antioxidants. They’re the things that help protect us from the damaging effects of oxidation.

Oxidation is part of life. Just by being alive and breathing, you are oxidizing a little.

If oxidation is sped up, then you age faster and your organs can be damaged.

So retaining the antioxidants in your vegetables during cooking is crucial to good health.

Here's what they found...

1. Eat tomatoes with fat

If you want to absorb the most beneficial phytochemicals from tomatoes you need to eat them with fat. They're referring to lycopene.

Lycopene is the thing that gives tomatoes that red color. Lycopene is extremely important for prostate health and a lot of other functions. Lycopene is absorbed maximally when you eat the tomatoes with a little bit of fat.

I'll give you an example: Tomatoes and a little bit of olive oil. Sounds delicious.

Now, for me, this brings up the question of where are you even getting your tomatoes from to begin with, because if you can get the maximum amount of lycopene if you eat them with fat then let's get a tomato that has the maximum amount of lycopene to begin with.

My recommendation to you is always buy organic if you can because it's without pesticides and insecticides. Next down the list, buy local. Local organic tomatoes. You can probably find those at a farmer's market.

If you're going to use tomatoes at all, please get the highest quality. Because it's going to be fresher. It's going to have more of these antioxidants in them to begin with.

2. When you grate things, when you increase the surface area, you actually make it easier for you to absorb more of the nutrients.

What are the ways that you should cook your food so that you will retain the maximum amount of nutrients in the vegetables?

Eat them raw. Shred the things, eat them raw.

In fact, you should try to eat something raw every day because the enzymes and the vitamins that are in those raw vegetables are destroyed partially when you cook them.

There's no way around it.

When you cook vegetables you're going to destroy the things that make them good for you. So my suggestion to you is to cook them lightly steamed.

What does that mean?

That means get a little steamer basket, put it on top of your oven, on top of a pot and lightly steam it. The more heat you use, the more water you use, the less nutritious those vegetables are going to be.

So some people say that you would even microwave vegetables. I'm sure you've seen the disposable microwavable bags.

Do not cook food (microwave or not) in plastic. Not even a "convenient" plastic bag.

The hazard is this--the chemicals in the plastic end up in your food.

But just lightly steam them. Steam them so they are *al dente*--- which means they've still got a little bit of crisp to them. Don't make them mush (like cafeteria vegetables).

So if you want to cook your vegetables and get the maximum benefit of the nutrition in them, you need to use less temperature and less water.

The absolute worst way you can cook your vegetables is to use a pressure cooker or to boil them. You might as well just eat paper (for the fiber).

Oh, and if you're going to use vegetables that aren't fresh, use frozen.

Canned vegetables are essentially void of nutrients.

So that's my vegetable nutrition tip of the day. I'll be talking to you soon.

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