



Cook your Food to make it Nutritious not Poisonous!!!

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In previous article named "Raw facts of foods" we have discussed that which food is not healthy at all when we consumed it raw or without soaking the same. Many vegetables required further process like cooking, fermenting etc before consumption. Fermentation is a good choice to enhance food's nutritional value, cooking is general process we follow for our daily food intake.

But did you know that Wrong cooking method transform your food from nutritious to extremely toxic!!! Sometime due to cooking method, food became carcinogenic.

Take a simple example from your daily life that if you consume boiled rice with boiled veggies like carrots, capsicum and beans with cow ghee, do we consider it unhealthy at all??? But when we fry those ingredients in fat, makes food harmful which is considered fast food like fried rice, fried noodle etc. Infact mutton leg or liver are hugely beneficial in diseased condition but only when it is cooked in proper way and collected from proper source.

Let's start from the carbohydrate cooking procedure. Best cooking method for carbohydrate is always in first preference boiling then steaming. If we boil or steam rice, potato or other carbohydrate rich veggies then it gets palatable and easily digested by us. Carrots, beet root is best if get steamed little bit not fully boiled to obtain optimum nutrients. If we cook wheat flour i.e. Atta in hot boiling water, then in first place a protein called gluten present in the Atta get transformed and denatured and thus its inflammatory factor get reduced. As well as when starch absorb water, it gets soften and get more palatable in first place. Starchy foods when cooked in fat in high temperature and develop darker colour may cause formation of acrylamide, which is considered a probable human carcinogen. Although there is no such clear research evidence in humans that how much acrylamide may cause health issue and cause cancer. So don't panic, enjoy your toasted bread or potato in minimal quantity.

For cooking protein rich foods, it's always best to follow stewing or poaching method. From several researches we get to know, eating excessive amount of meat which is cooked in high temperature using fats increased risk of colorectal and pancreatic cancers. Grilling is okay for veggies to some extend but not for meat especially with higher fat content. Grilled meat has been associated with

higher risk of certain cancers. Grilling meat in high temperature, in the presence of air forms HCAs and PAHs that can cause changes to DNA in our body that might lead to formation of cancer cells. However air frying reduces this HCAs and PAHs production due to less cooking oil usage but can't eliminate completely due to presence of meat's own fat. Cooking protein in higher temperature and using dry heat method cause hardening as protein gets coagulate and releasing of moisture causing further hardening of meat which does not get digested easily. Indigestion causes toxins formation in body, hamper our gut health.

When we are choosing fats or oil for cooking, always check it's smoking point, do not reuse oil for cooking or frying, read nutritional labels so that you can know the composition of the same, trans fat percentage etc, use combination of oil while cooking food and last but not the least, do not eliminate oil completely from your diet.

For cooking veggies, use steam cooking method, stewing or sauté or swallow frying. Grilling can be done for some green veggies like broccoli, zucchini, bell peppers, asparagus etc. But don't grill for much time and high temperature. Use low temperature while cooking veggies in oil to retain maximum nutrients.

For food which contains omega 3 fatty acids, use poaching or sautéing or best combination cooking method in low temperature but it is observed that boiling fish retains more omega 3 fatty acids than frying or microwaving. Water based cooking method are not good for retaining water soluble vitamins but they have very little effect on omega 3 fatty acids, if cooking done in less time, boiling for long time, does not help the same.

Caution- Barbecuing any food item is not healthy at all!!!

So, knowing all these facts I will always suggest to do cook food as per their composition i.e. nutritional properties not always as per traditional cooking methods. By applying different cooking methods, we can enhance the nutritional value of that food. Food acts as energy supplier as well as medicine for betterment our health. Occasional consumption does not cause any harm so don't panic for the same at all. After consumption of food, that panic or anxiety does more harm than food itself, which I personally believe. If you found your favourite food is harmful for your health then instead

eliminating it completely, enjoy it in minimal quantity, and balance diet with other antioxidant rich good foods so that body can repair the damages, eliminate the toxins effectively, manage the oxidative stress. People already suffering from terminating disease, are requested to not to load toxins via food as already there are certain conditions that body can't work properly and heal itself further.