



## THE NUTRITION MISSION

### Cooking Methods & Color Variations to Increase Nutrient Richness

Veggies are packed with important vitamins and nutrients, but did you know that the way you prepare vegetables can affect their nutritional value? A significant amount of nutrients can be lost when vegetables are heated, mashed and pureed. To ensure you get all of the valuable benefits veggies provide, follow these simple tips:

#### Preparation:

- Avoid washing vegetables before you're ready to use them; when ready to use, rinse them quickly rather than soaking.
- Avoid cutting vegetables up into small pieces prior to cooking. Prepare them whole, if possible.
- Cut off only the inedible parts of vegetables. Sometimes the best nutrients are found in the skin (or just below the skin and in the leaves).
- Avoid peeling vegetables, such as potatoes and beets, until after cooking.

#### Cooking:

- Try steaming, microwaving or pressure-cooking rather than boiling vegetables, as boiling can leach out the nutrients into the water. When steaming, use a lid to avoid losing precious vitamins.
- If you must boil vegetables, cook them only until crisp and with only a small amount of water.

#### Color is Key to Veggie Nutrition:

You might be surprised to learn that you can actually judge a lot by the mere appearance of a vegetable. Take a colorful look:

| Orange & Yellow Vegetables   |   | Blue & Purple Vegetables   |  |
|--|---|--|--|
| <ul style="list-style-type: none"> <li>• Help maintain healthy skin and eyes, and reduce risk of cancer, heart disease and heart attacks.</li> <li>• Enhance the immune system and fight free radicals.</li> <li>• Promote collagen formation and healthy joints, encourage alkaline balance, and work with magnesium and calcium to build healthy bones.</li> </ul> |   | <ul style="list-style-type: none"> <li>• Antioxidants fortify cellular walls, protecting them from oxygen radicals that cause intercellular and even DNA problems.</li> <li>• Boost immune system activity and fight inflammation.</li> <li>• Act as anticarcinogens in the digestive tract, improve memory function and promote healthy aging.</li> </ul> |  |
| Green Vegetable  | Red Vegetables  | White Vegetables   |  |
| <ul style="list-style-type: none"> <li>• Help support healthy vision and protect against cancer and birth defects.</li> <li>• May lower blood pressure and LDL cholesterol levels.</li> <li>• Normalize digestion time.</li> <li>• Help develop red blood cells.</li> </ul>  | <ul style="list-style-type: none"> <li>• Protect cells from damage and aging with powerful antioxidants.</li> <li>• Scavenge harmful free-radicals, help fight heart disease and some cancers, and lower blood pressure.</li> </ul> | <ul style="list-style-type: none"> <li>• Boost the immune system and reduce the risk of colon, breast, stomach, prostate and hormone-related cancers.</li> <li>• Help lower cholesterol and blood pressure and may help reduce risk of heart disease.</li> </ul>   |  |