

## Video: What's the healthiest way to eat your veggies?

February 21 2017

---



Credit: The American Chemical Society

Vegetables are chock-full of essential vitamins and minerals, but how should you eat them to get the most nutritious bang for your buck? Raw? Sauteed? Frozen?

You might want to eat those fresh green beans right away, for one—flash-frozen green beans kept for months have up to three times

more vitamin C than week-old beans kept in the fridge.

And did you know that oil-based dressing and [avocados](#) can help you absorb more nutrients from that kale salad?

Watch the latest Reactions episode to find out other ways you can use chemistry to get the most out of your veggies:

Provided by American Chemical Society

Citation: Video: What's the healthiest way to eat your veggies? (2017, February 21) retrieved 16 July 2023 from <https://medicalxpress.com/news/2017-02-video-healthiest-veggies.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.