

# Ten healthy cooking practices for conserving nutrients

Gently wash rice in clean water before cooking. Do not wash it more than twice because vitamin B1 is then lost in the water.



When cooking rice, rice releases nutrients into the water when boiled. Do not pour this water off. It may lose the nutrients in it.



Thoroughly wash fruits & vegetables with clean water before cutting to reduce nutrient loss in the water.



Cut vegetables in big chunks to protect nutrients from loss.



Avoid peeling fruits & vegetables such as apple, carrot, potato, squash, cucumber as peeling may lose nutrients in the peels.



Cook vegetables for a short time and eat immediately.



Soak dried beans overnight in clean water to reduce cooking time and prevent gas in the stomach.



Cover the pot while cooking food to protect nutrients from loss.



Meat must be thoroughly cooked. When reheating meat, heat it to boiling point.



Add salt when food is cooked to save iodine in salt.

