

The use of raw vegetables in itself is not harmful. However, according to Kara CHRURETER, a master of sciences, a registered and certified nutritionist, people with digestive disorders and/or intestinal diseases may have health problems if they eat too many fresh vegetables.

Advantages of raw vegetables

Contribute to a healthy bowel microbiom. Fiber plays the main role in the work of the intestines, and it is contained in fresh vegetables.

Contain substances that support the work of the intestines. In raw vegetables there are a lot of phytochemical compounds that positively affect the intestines. They act as antioxidants.

Can protect against constipation. Raw vegetables contain a lot of fiber and water. This contributes to the softening of the chair, easy emptying.



Kseniya ovchinnikova/getty images

Disadvantages of raw vegetables

They can be difficult to digest. This is especially true for people with an irritated bowel syndrome or inflammatory intestine. In this case, heat treatment of vegetables can help.

Enhance bloating and gas formation. This occurs with irritable intestinal syndrome or increased sensitivity to some difficult to digest carbohydrates. Broccoli, colored, curly, white cabbage, onions, and garlic can cause discomfort.

Reduce the absorption of some nutrients. In spinach, there are a lot of oxalates that interfere with the absorption of calcium, increase the likelihood of kidney stones. Give preference to Romen salad or curly cabbage: they contain little oxalate.

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