

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.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***