









Make the most of your vegetables

Choose our recommended cooking method to maximize your veggies health impact.

Vegetable	Cooking method	Benefit
Red peppers	Raw	Contains more vitamin C 
Spinach	Cooked	Helps release more calcium, iron and magnesium for absorption 
Tomatoes 	Cooked	Releases more of the phytonutrient lycopene, which helps reduce your cancer risk
Onion	Raw	Richer in the phytonutrient allicin, which reduces inflammation 
Mushrooms	Cooked 	Releases more potassium which helps ease high blood pressure, anxiety and stress
Beets 	Raw	25% more folate than cooked, which encourages healthy cell tissue and growth
Asparagus	Light steaming	Helps increase polyphenol compounds, antioxidants that can help you as you age 
Carrots 	Cooked	Releases more beta-carotene, which can help keep skin, eyes and immune system healthy