Are You Cooking Away Your Nutrients?

How to Preserve Nutrition, Protect Your Health, and Cook with Confidence

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Introduction

We put so much care into choosing fresh, organic ingredients—yet the way we prepare our meals may be quietly undermining our health. The truth is: not all cooking methods are created equal.
As Johns Hopkins explains:
“The combination of high heat, water and oxygen is disastrous to vitamins and minerals. Cook all foods below the boiling point at a very low temperature to retain the vitamins and minerals.”
In this guide, you'll discover:

- Which cooking methods deplete nutrients—and why
- How to preserve flavor, fiber, vitamins, and minerals
- What advanced cooking systems do differently
- Why cooking at lower temperatures matters
- How your cookware can make or break your health goals

Let’s dig in.

The Enemies of Nutrition and Flavor

Cooking doesn’t just transform food—it can destroy nutrients. The six primary culprits are:
Water – Leaches water-soluble vitamins out of the food and into the cooking liquid (Vitamin C, B-complex).
Peeling – Removes fiber, enzymes, and minerals found in the skins of fruits and vegetables.

Excessive Heat – Boiling, frying, grilling, and baking degrade heat-sensitive nutrients.
Oxidation – Exposure to air and light damages antioxidants and color pigments.
Fats & Oils – High heat oils oxidize, creating inflammatory compounds.
Light – Destroys vitamins A, B2, and C in exposed ingredients over time.
These elements strip food of vitamins, minerals, enzymes, and even its natural colors and flavors.

Nutrients Lost in Cooking

Research shows cooking can reduce nutrient content by 25–70% depending on the method. Here's what's most at risk:

- **Water-Soluble Vitamins:** B vitamins and Vitamin C
- **Enzymes:** Essential for digestion
- **Fiber:** Especially lost in overcooked or deep-fried vegetables
- **Phytonutrients:** Including antioxidants, flavonoids, and carotenoids
- **Protein Structure:** Denatured and therefore less bioavailable
- **Fat-Soluble Vitamins:** Can be lost into oils (A, D, E & K)
- **Minerals:** Lost through leaching and prolonged heat

Did you know: Boiling broccoli can cause up to 50% loss of Vitamin C (USDA, 2019).

AGEs and the Danger of High Heat

Cooking at high temperatures creates Advanced Glycation End Products (AGEs)—damaging compounds linked to inflammation, DNA damage, and diseases like:

- Heart disease
- Diabetes
- Kidney issues
- Alzheimer’s

Grilling, frying, roasting, and even microwave cooking can create high levels of AGEs. *(tone: “so lower heat..”)* Lowering heat and moist cooking (like stewing or semi-vacuum methods) reduce AGE formation significantly.
Did you know: Women who ate well-done meat had a 4.62x higher breast cancer risk than those who didn’t (Iowa Women’s Health Study).

The Gut Factor: Oils and Frying

Oils heated past their smoke point degrade into **trans fats and inflammatory** compounds that harm gut bacteria and digestion. They also make it harder to absorb other nutrients. Research links fried and greasy foods to disruptions in the microbiome and increased inflammation.
Avoid high-heat oils where possible. Consider oil-free cooking for improved digestion, clearer skin, and healthier weight.

Why Cookware Matters

Most people don’t realize how much cookware affects nutrition. Even healthy cooking methods can fall short if the pan is leaching metals, trapping steam, or requiring high temperatures.
That’s why cooking systems that retain **moisture, control heat,**

and avoid oxidation help preserve up to **93% of nutrients**. Look for technology that promotes low-temp, closed-lid, oil-free cooking. Your body (and your taste buds) will thank you.

How to Cook for Maximum Nutrition

- Keep the skins on whenever possible
- Use little to no water
- Cook below boiling (180–187°F is ideal)
- Use lids to minimize oxidation and moisture loss
- Choose cookware scientifically designed to retain nutrition
- Reduce use of oils, especially for sautéing and frying

Bonus Download

🎁 **Want a printable version of this guide?**
Click here to download the eBook »
Or better yet...

Book a Free Cooking Demo

See how this cooking method works in action! Learn how to:

- Retain up to 93% of nutrients in your meals
- Cook oil-free, water-free, and toxin-free
- Make vibrant meals that boost energy and digestion

Book Your Free Virtual Demo »
https://meetings.hubspot.com/hannah-romanowsky

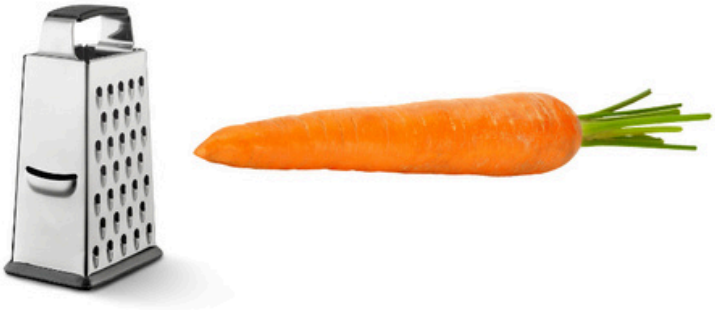
Sources & References

- U.S. National Library of Medicine: **PubMed Central**
- National Cancer Institute: **Cooked Meats Fact Sheet**
- Today's Dietitian: **Advanced Glycation End Products**
- USDA Nutrient Data Lab
- University of Wisconsin Saladmaster Cooking System Study
- Johns Hopkins Health Alerts

Carrot Test

Vitamins are color in foods. Minerals are the flavor.

Step One
Get a Grater &
Carrot



Step Two
Grate the
Carrot

Step Three
Put ½ the Grated
Carrot
in Glass of Water

Step Four
Stir the
Carrots for
20 seconds

Step Five
Taste the
grated carrots
not in the water

Step Six
Taste the
grated carrots
in the water

What color is the Water?

Which tastes Better?
Carrots not in the Water?
or
The Carrots in the Water?

Can you see how we lose Vitamins & Minerals in our foods?
color & flavor