



ASK THE DIET EXPERT

Nutritionist Niti Desai, MSc. SRD (UK), solves all your diet dilemmas

COOK NOOK

Q Does the nutritional value of food change when it's cooked in (a) the microwave (b) in the pressure cooker (c) in an oven (d) in a pan, shallow-fried.

Priya Joshi, Mumbai

A The nutritional quality of food is definitely affected by the method of cooking. Higher the cooking temperatures and longer the period of exposure at high temperatures, the greater the nutrient loss.

Therefore pressure cooking – where the food is exposed to high temperature for a shorter period of time (because of increased

air pressure), stir-frying on high flame for a short period of time, steaming for a short period (without throwing away the water) and baking (where there is dry heat) are healthier forms of cooking.

Some of the Indian methods – such as overcooking vegetables on slow heat for long periods; reheating the food – every time a family member sits for a meal; boiling the vegetables and throwing away the nutrient-rich water and deep-frying are cooking methods that lead to a great nutrient loss.

Frying, in fact, adds harmful products to the food preparation – and using the same oil for frying three-four times would be one of the most unhealthy methods of food preparation.

