



RAW VS. COOKED FOODS: HOW THEY CHANGE YOUR GUT REPORT #2730

BACKGROUND: Unhealthy diet contributes to approximately 678,000 deaths each year in the U.S., due to nutrition and obesity-related diseases, such as heart disease, cancer, and type 2 diabetes. In the last 30 years, obesity rates have doubled in adults, tripled in children, and quadrupled in adolescents. The typical American diet is too high in calories, saturated fat, sodium, and added sugars, and does not have enough fruits, vegetables, whole grains, calcium, and fiber. Few recognize that unhealthy diet is a leading cause of disability. Yet unhealthy eating habits and physical inactivity are leading causes of loss of independence. For example, diabetes is a leading cause of blindness and amputations; bone injuries due to osteoporosis are most likely to occur in the hips, spine, and wrist; and heart attack or stroke can result in difficulty with everyday activities such as walking, bathing, or getting into or out of bed.

(Source: <https://cspinet.org/eating-healthy/why-good-nutrition-important>)

RAW VS. COOKED: A raw food diet typically contains 70% of food that hasn't been cooked or processed. People eating a raw food diet consume a lot of fresh, dehydrated, and fermented foods. A study published in the American Journal of Clinical Nutrition found that when women followed either an average Western diet, a wholesome nutrition diet (based on healthy dietary recommendations), or a raw food diet, more nutrients weren't always better. Participants in the raw food diet group consumed more beta-carotene per day than any other group, however, participants in the wholesome nutrition diet group absorbed the most of this critical antioxidant. When you cook veggies, you lose some nutrients, but others become more available for your body to use. Cooked vegetables also provide more minerals. Heating releases bound calcium, making more of the mineral available for the body to absorb. A study conducted by Harvard University showed that cooking aids in chewing; increases digestibility; and improves the net energy value of foods.

(Source: <https://foodrevolution.org/blog/raw-vs-cooked-vegetables/>)

EFFECT OF RAW VS. COOKED ON THE GUT: Research by scientists at UC San Francisco and Harvard University has revealed our microbiome responds in different ways to the same foods, depending on whether they are consumed cooked or raw. This study is the first to look at how cooking food changes our gut bacterial diversity. "Our lab and others have studied how different kinds of diet, such as vegetarian versus meat-based diets, impact the microbiome," explains Peter Turnbaugh, senior author on the new research. "We were surprised to discover that no one had studied the fundamental question of how cooking itself alters the composition of the microbial ecosystems in our guts." Lean beef and sweet potatoes were the initial foods of focus and surprisingly, little effect was seen on the animal's microbiome between cooked and raw meat. Sweet potatoes, on the other hand, provided different results. "We were surprised to see that the differences were not only due to changing carbohydrate metabolism, but also may be driven by the chemicals found in plants," says Turnbaugh. The research raises a whole host of unanswered questions, such as which foods should be avoided in raw forms and which offer specific nutritional benefits when cooked.

(Source: <https://newatlas.com/health-wellbeing/cooked-vs-raw-food-affects-gut-microbiome/>)

✉ For More Information, Contact:

John Ascenzi, Public Relations
ascenzi@email.chop.edu / (267) 426-6055

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