

TIPS TO PROCESS THE INGREDIENTS TO KEEP PROPERTIES



AgriXPlainer

Description of the activity

Processing ingredients in ways that preserve their nutritional and health properties is essential for maintaining their benefits and ensuring high-quality meals. This entry provides practical tips on how to handle, prepare, and cook ingredients to maximize their nutritional value and overall quality. You can leverage these tips to educate the public and culinary professionals on best practices for food processing, enhancing the health benefits of their meals and promoting sustainable cooking methods.

Easy operations to be replicated

Proper Storage

- Store ingredients in cool, dry places to prevent spoilage.
- Use airtight containers to preserve freshness and prevent contamination.

Minimal Processing

- Avoid peeling fruits and vegetables whenever possible, as skins contain essential nutrients.
- Use gentle washing methods to remove dirt without stripping away nutrients.

Optimal Cooking Methods

- Prefer steaming, blanching, or microwaving over boiling to preserve vitamins and minerals.
- Use low-temperature cooking techniques such as slow cooking or sous-vide to retain nutrient content.
- Avoid overcooking to prevent the loss of heat-sensitive vitamins like vitamin C and B vitamins.

Use of Healthy Fats

- Incorporate healthy fats (e.g., olive oil, avocado oil) which can enhance the absorption of fat-soluble vitamins (A, D, E, K).

- Avoid deep frying, which can lead to the formation of unhealthy trans fats.

Incorporating Acidic Ingredients

- Add a splash of lemon juice or vinegar to dishes to help retain color and nutrients, especially in vegetables.

Avoiding Harmful Additives

- Limit the use of salt, sugar, and artificial additives which can detract from the health benefits of natural ingredients.
- Opt for natural seasonings and herbs to enhance flavor without compromising nutritional quality.

Expected outcomes

- Enhanced nutritional value of prepared meals.
- Greater retention of vitamins, minerals, and other essential nutrients.
- Increased public knowledge about sustainable and healthy food processing techniques.
- Better overall health outcomes through improved dietary practices.

Purpose	Added value	Target Audience
<ul style="list-style-type: none"> ● To provide practical tips for processing ingredients in ways that preserve their nutritional properties, ensuring that meals remain healthy, flavorful, and beneficial. 	<ul style="list-style-type: none"> ● Educating the public on proper food processing techniques helps maintain the nutritional integrity of ingredients, promotes healthier eating habits, and supports overall well-being. It also fosters a deeper understanding and appreciation of sustainable cooking practices. 	<ul style="list-style-type: none"> ● home cooks, ● culinary professionals, ● students, educators, ● health-conscious consumers, ● anyone interested in maximizing the health benefits of their food

Type of experts to be involved

- Nutritionists
- Food Scientists
- Chefs
- Culinary Educators

Requirements

Geographical requirements	Type of products	Legal requirements
<ul style="list-style-type: none">• Applicable in any kitchen setting, whether at home or in professional culinary environments.	<ul style="list-style-type: none">• Educational materials (brochures, posters, online articles)• Cooking demonstration videos• Interactive workshops and classes• Digital guides and infographics	<ul style="list-style-type: none">• Ensure all health claims are backed by credible scientific research.• Adhere to food safety standards and guidelines.

Tips & tricks/successful case study

- Use visual aids and step-by-step guides to make it easier for people to follow best practices for food processing. For more tips on preserving nutritional value, visit [Harvard's Healthy Eating Plate](#)
- Case Study: [FoodCOMP project](#) and FoodCOMP [Instagram account](#)

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