Regardless of how you prepare vegetables, they are full of fiber, antioxidants, vitamins and minerals that can help maintain good health. There are benefits and disadvantages to cooking your vegetables, so prepare them the way you like, so that you are more likely to eat more of them!

Once picked, raw vegetables begin to lose nutrients. Store vegetables in the refrigerator and only purchase the amount you can use in a few days.

Steam veggies can preserve nutrients, color, shape, and texture without having to add any unnecessary fats through ingredients like oils or butter.

Did You Know? A tomato is considered a fruit.

Boiling your vegetables in water lowers their nutrient level. Minerals like potassium, phosphorus, calcium, magnesium, iron and zinc may be reduced by up to 60-70%.

One of the benefits of air frying your vegetables is that minimal amounts of oil need to be added to the food. This results in meals that are lower in fat and calories.