HEALTHY EATING TIPS >

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Healthy vegetables you must eat raw

There are very many healthy vegetables you should be eating. Some can be cooked (steamed) while others can be eaten raw but remember to wash them very well before you eat them.

Tomatoes

Jamiru Mpiima, a nutritionist at Victoria University Wellness Clinic, says these red vegetables contain nutrients that act as body cleansers. They are good for your skin. They also contain vitamin B and potassium which are good for your heart and kidney. You can eat them raw or add them to whatever you may be cooking.

Onions

He says, despite the temporary bad breath, chewing raw onions improve your oral health because they kill bacteria that can lead to tooth decay and gum diseases. Onions contain vitamin C which is good for the skin and hair. "A mixture of onion juice (the raw one) and honey can be a good remedy for a cold. You can also keep a small piece of onion under the nose and inhale to slow down nose bleeding," Mpiima says.

Beetroot

Beetroot is rich in iron which helps to increase the amount of blood and its flow in the body. Consuming beetroot and drinking beet juice regularly helps in growth of red blood cells in the body which prevents anaemia. It can also be a good home remedy for menstrual disorders and helps to purify blood.

Beetroot also contain nutrients like vitamin A which promotes good sight especially in low light. Deficiency of vitamin A can lead to sight problems.



Carrots

Carrots are very healthy foods which are good for your eyes. When eaten raw, carrots stimulate the gums to produce more saliva which kills bacteria and foreign bodies in the mouth thereby reducing oral health problems.

"Carrots contain dietary fiber which is important in maintaining good digestive health. Carrot juice improves stomach and digestive health. It reduces the severity of constipation and protects the colon and stomach from cancer of the colon."

Cucumber

This vegetable has been known to heal many skin problems and under eye swelling. Cut circular pieces and place them on the eyes or wherever you may have a skin problem. They have excellent cleaning properties, and can remove accumulated waste and toxins from your body.

"They also have the ability to prevent splitting of the finger and toenails and also to protect your body from constipation and kidney problems. They can also help in the management of diabetes," says Mpiima.

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