



*Table showing how food preparation diminishes nutritional values*

<b>FOOD GROUP</b>	<b>PREPARATION</b>	<b>EFFECT ON NUTRITIONAL VALUE</b>
Carbohydrate	Toasting, boiling, etc	None
Proteins	Over cooking or heating	Can render certain proteins indigestible and therefore cannot be utilised by the body
Fats	Oxidise by over use	Can render most fats indigestible and therefore can only be used as energy stores (i.e. a fat layer)
Vitamins and minerals	Toasting, boiling, stewing, i.e. any kind of heating above 40 degrees centigrade	Will diminish the nutritional value of any vitamin and most minerals.