

Eating these five foods in raw form is prohibited

Nutrition experts said eating some raw foods could create health problems.

There are some foods that, because of toxic substances and contaminants, we should avoid eating them raw. Nutrition experts said eating some raw foods could create health problems. Here are some of these foods.

Potato

Raw potatoes, especially those that grew and sprout, are poisonous because of the production of Solanine. An alkaloid poison can lead to diarrhea, nausea, sting, headaches, and, in rare cases, leads to death. In fact, you need to even consume green potatoes even cooked.

Eggplant

Raw eggplant contains Solanine and as mentioned in green potatoes. Young eggplants or early cucumbers contain the highest levels of this toxin, and eating them has an unpleasant effect on the stomach and intestines.

Buds

Seedlings are considered as healthy food. However, alfalfa and radish sprouts can contain harmful

bacteria e.g.

Coli, Salmonella, and Listeria. The buds are grown in warm and humid

conditions, which is an appropriate environment for the proliferation of these

bacteria. Accordingly, if you plan to buy buds, buy them freshly and do not

forget to wash and cook before using them.

Bitter Almond

Well known to us and enjoyed by it,

it is known as Sweet Almond and also offers various health benefits. But there

is also another type of bitter almond that contains Hydroxy Acid, a dangerous

mixture of hydrogen cyanide and water. Only 70 grams of bitter almonds is

enough to kill an adult. But if you cook bitter almonds you can take it.

Flour

The consumption of raw flour can be

as problematic as raw egg consumption. In recent years, the US Food and Drug

Administration and US Centers for Disease Control and Prevention have

introduced flour as a potential risk to human health. During your trip from

wheat stem to supermarket shelves, flour may be caused by pathogens such as

bacteria. Coli is in contact, which only disappears when cooking.