

stanleybecker

chicken soup for the soul - I combine my whole chicken in a crock pot with TWO BUNCHES of carrots [unpeeled and roughly chopped] - add onions/ leeks/ celery/ potatoes/ fennel/ bay leaves/ sweet potatoes/ any other veggies you can lay your hands on - this is a soul enhancing nutritious super food - referred to by Jews as 'Jewish Penicillin' for its reputation as a panacea for any ailment or recharging of exhausted batteries/ mitochondria - it will nourish you and succor you out of emotional setbacks and exhaustion - this is the true NECTAR OF LIFE

Posted On 06/18/2017

Islander

Good grief, who would peel a carrot? Doesn't everyone know that the majority of a plant's nutrients are in the peel? Especially if it's organic, just a quick rinse will suffice. That applies to cucumbers, apples and any other organic produce.

Posted On 06/19/2017

ICONOCLAST

Yes what a waste of time as well as nutrients. I've not peeled a potatoe in 40 years and have had a wicked idea of peeling them and saving the skins for myself and selling the peeled ones to the stupid ones, but that would be immoral unethical and an imitation of Big Food.

Posted On 06/19/2017

veritasoreventus

Excuse me, our good friend from Maine??? I would peel a carrot! (And put the peels in a salad. lol :-))))) Usually it's a race to our carrots between the local rabbit population, our dog and us. The dog is a Blue Heeler (Australian Cattle Dog) which are part wild Australian Dingo. Not only will she eat carrots and all sorts of produce that is either picked or still growing, but she is also an incredible small critter hunter including rabbits. You know the rest.....

Posted On 06/19/2017

Islander

Iconoclast, here's a newsflash for you. I don't usually shop the potato chip aisles, but I'm pretty sure I've seen processed, salted, spiced, flavored and otherwise adulterated potato skins bagged up for sale to people like... Well, not like you or me! I prefer mine still attached to its potato!

Posted On 06/19/2017

scottrhamilton

What if one were to consume the cooking liquid along with the cooked carrots, such as when preparing soups or stews? Would the nutrient loss apply here?

Posted On 06/19/2017

stanleybecker

hi scott - there can be no loss apart from some water evaporation - what you have is an elixir of pooled nutrients - if you consume the residue you will gain all the minerals - or use the residue for stock

Posted On 06/19/2017

seg

This article may put a crick in the neck of some die hard raw foodies :)... Here's to healthy rabbits

www.youtube.com/watch

Posted On 06/19/2017

iamblessediam

Yo seg...me wonders which "doc" good old BB was singing about - Michael Greger maybe;-))))))))))!
LBP!

Posted On 06/19/2017

seg

Yam the only person with that answer would be grulla LOL..

Posted On 06/19/2017

cluelessintacoma

I can't find it. If the article gives any clue for how long to boil carrots, I can't find it. I suppose it depends somewhat on diameter, but about how long should they be boiled?

Posted On 06/19/2017

stanleybecker

steam them or boil them about 15 minutes - be brave

Posted On 06/19/2017

iamblessediam

Or use a fork - as in fork tender - or a skewer of some type to check for when done cooking. I steam carrots [actually all veggies I cook] and here's why in the case of carrots - in all the tests where carrots were cooked - water-soluble falcarinol was lost in all cooking groups except the steamed-then-cut group - this finding based on the research carried out by Dr Kirsten Brandt and colleagues from the School of Agriculture, Food and Rural Development at Newcastle University. LBP!

Posted On 06/19/2017

halcyon

I'm sorry, but boiling is a great way to ruin the flavor of carrots. Roasting or sautéing gives much more flavor.

Posted On 06/20/2017

tokcnatxorderyahoo

The article states the best way to cook carrots " cooking carrots whole, skin intact, without chopping, slicing, grating, shredding or peeling them, is the best way to obtain the most nutrients when they're eaten (although you should scrub them first to remove surface dirt)." So why does the picture that accompanies the article show chopped carrots? Wouldn't whole mean whole?

Posted On 06/19/2017

Carrot salad is one of Dr. Ray Peat's most famous dietary recommendations. Raw carrots for serious health problems, such as chronic inflammation, liver problems, and hormonal imbalances. This blog post explains the biochemistry behind Dr. Ray Peat's carrot salad and how it can help improve not only your digestive system but also your thyroid function and overall hormonal balance. The late Dr. Ray Peat claims that eating raw carrots with the skin on helps remove excess estrogen from the body. Dr. Ray Peat describes how intestinal inflammation can become so severe that the intestine leaks endotoxins and inflammatory mediators into the bloodstream.

According to Dr. Ray Peat, endotoxins and inflammatory mediators in the gut poison the liver and our cells' energy production system, leading to chronic inflammation and hormonal problems such as estrogen dominance and low thyroid function. biochemnordic.com/dr-ray-peat-carrot-salad .---
cookinginthekeys.com/ray-peat-carrot-salad .— A Danish cohort of 55,756 citizens with an observation time of more than 25 years was investigated to determine the association between regular consumption of raw carrots and the development of various types of cancer and leukemia with a predominance of adenocarcinoma.

The preventive effect could be due to the polyacetylenic compounds falcarinol and falcarindiol in carrots, while carotene may have no effect. Polyacetylenes are inactivated by heating, supporting our findings that only raw carrot intake has an effect. Indirect evidence for the cancer preventive effect of carrots in humans has reached a level where a prospective human trial is now timely.

Posted On 05/02/2024

Guillermou

The association observed for lung and pancreatic cancer parallels that previously demonstrated for large intestine cancer and indicates a cancer protective effect of daily intake of raw carrots that is not limited to gastrointestinal adenocarcinomas. The preventive effect could be due to the polyacetylenic compounds falcarinol and falcarindiol in carrots, while carotene may have no effect. Polyacetylenes are inactivated by heating, supporting our findings that only raw carrot intake has an effect.

www.ncbi.nlm.nih.gov/.../PMC9919376 (2023).---- www.sciencedaily.com/.../050212184702.htm (2023).----- Researchers at the University of Southern Denmark conducted a large cohort study to evaluate the effect that carrot intake may have on the risk of colorectal cancer.

A total of 57,053 Danes participated in the researchers' Diet, Cancer and Health Study and self-reported a variety of statistics including their BMI, alcohol intake, age group, sex and, of course, their carrot intake. After analyzing the data, the researchers found that "a high carrot intake corresponding to >32 g of raw carrot per day was associated with a 17% decrease in the risk of colorectal cancer, while a negligible difference was observed in the risk of colorectal cancer for those who ate less than 32 g of raw carrot per day, compared to those who did not eat raw carrot .

In other words, people who generally showed a lower risk of colorectal cancer ate more than 32 grams of raw (uncooked) carrots per day. This is most likely because cooking carrots can eliminate key active compounds in carrots that have nutritional and anti-cancer properties.

pubmed.ncbi.nlm.nih.gov/32012660 (2020).----- <https://youtu.be/uQ1zqg-ACSw>

Posted On 05/02/2024

Pat Bell Smith

Wow thanks so much for the link to this carrot salad recipe and his other information!

Posted On 05/02/2024

Guillermou

Thank you also for your kind comment. Researchers at the University of Newcastle upon Tyne (United Kingdom) discovered that falcarinol, a component of carrots that protects the vegetable from fungal infections, reduces the risk of developing cancer by up to a third in laboratory rats with precancerous tumors. Carrots are a good source of several vitamins and minerals, especially biotin, potassium and vitamins A (from beta-carotene), K1 (phylloquinone) and B6, describes the 'Healthline' portal. Added to the above are the results of the study, funded by the Danish Veterinary and Agricultural Research Council, which yielded considerable results on its influence on cancer prevention.

The study was carried out with 24 rats that had cancerous tumors, which were divided into three groups. After 18 months, a group of rats that ate carrots and another that were given falcarinol revealed that their chances of developing more tumors were three times lower than those of a third control group. According to Kirsten Brandt, an expert at the School of Agriculture, Food and Rural Development at the University of Newcastle (United Kingdom), it has been known for some time that carrots have a positive impact in the fight against cancer.

She added that the next step of the research is to determine how much falcarinol is needed to prevent the development of cancer and whether certain species of carrots are better than others for this purpose. According to 'Healthline', carrot consumption helps prevent prostate, colon, breast and stomach cancers. www.eltiempo.com/salud/que-es-el-falcarinol-que-esta-en-las-zanahorias..

Posted On 05/02/2024

Guillermou

Polyacetylene phytochemicals are emerging as potentially responsible for the chemoprotective effects of consumption of apaceous vegetables. There is some evidence to suggest that polyacetylenes (PAs) impact carcinogenesis by influencing a wide variety of signaling pathways, which are important in the regulation of inflammation, apoptosis, cell cycle regulation, etc. Studies have shown a correlation between human dietary intake of PA-rich vegetables with a reduced risk of inflammation and cancer. PA supplementation can influence cell growth, gene expression, and immune responses, and has been shown to reduce tumor numbers in rat and mouse models.

Cancer chemoprevention by dietary PAs involves several mechanisms, including effects on inflammatory cytokines, NF- κ B pathway, antioxidant response elements, unfolded protein response (UPR) pathway, growth factor signaling, cell cycle progression and apoptosis. These reviews summarize the published research on falcarinol-type PA compounds and their mechanisms of action with respect to cancer chemoprevention and also identify some gaps in our current understanding of the health benefits of these PAs.

Carrot is the main dietary source of polyacetylene oxylipins, including falcarinol (FaOH), falcarindiol (FaDOH) and falcarindiol 3-acetate (FaDOH3Ac) (Figure 1), with FaOH being the intermediate metabolite of PA, from which the other shapes are generated. Carrots have been studied for their nutritional value, as well as their disease-curing effects, for almost 90 years.

Posted On 05/02/2024

Guillermou

Carrot is a rich source of β -carotene, a precursor to vitamin A, and also provides potentially beneficial dietary fiber. Carrot also contains other potentially bioactive phytochemicals, including carotenoids, phenolics, PAs, isochomarins, terpenes and sesquiterpenes, many of which have been extensively investigated for their potential therapeutic properties against a wide range of diseases, such as cancer, cardiovascular diseases, diabetes, anemia, colitis, eye diseases. Diseases and obesity. Ginseng is also rich in PA; In addition to FaOH (also called panaxynol), they include panaxydiol and panaxydol (Figure 1), which have similar properties to FaOH. Despite extensive research on the identification and analytical and biochemical characterization of plant PAs, as well as the large number of articles on their putative biological functions, little is known about the structures and functions of the enzymes involved in AP biosynthesis.

Furthermore, the molecular genetic principles underlying PA production in various plant tissues are not well understood, and little is known about the genetics and inheritance of specific PA patterns and concentrations in (crop) plants. Carrot PAs, particularly FaOH and FaDOH, were studied for their anti-inflammatory properties, in part by inhibiting the transcription factor NF- κ B; However, its exact mechanism of action is still unknown. Mice fed a diet containing FaOH were less likely to develop severe inflammation after being exposed to LPS.

Posted On 05/02/2024

Guillermou

Nitric oxide (NO) is essential in a number of physiological functions, such as host defense, where it prevents the spread of disease-causing microbes within cells by stifling their reproduction. Upregulation of NO expression in response to cytokines or pathogen-derived chemicals is a crucial part of host defense against different types of intracellular pathogens. Different cell types produce the enzyme NOS, which catalyzes NO synthesis, at high levels in several different tumor types. Inflammation induces a specific form of NOS, that is, the inducible isoform of nitric oxide synthase (iNOS), by activating transcription of the iNOS gene (Figure 2).

iNOS participates in complex immunomodulatory and antitumor mechanisms, which play a role in the elimination of bacteria, viruses and parasites. A considerable number of studies have been published on the role of PAs in the expression of iNOS in inflammation. Studies have shown that FaOH extracted from *P. quinquefolius* inhibited iNOS expression in ANA-1 macrophage cells that were polarized to M1 and LPS-induced iNOS expression in macrophages, leading to suppression of colitis. APs derived from different plants exhibit potent cytotoxicity against a variety of cancer cells.

These biologically active molecules participate directly or indirectly in biological processes, including cell cycle arrest, activation of HIF-1 (hypoxia-inducible factor 1 alpha), and suppression of signal transducer and transcriptional factor 3 (STAT3). The antiproliferative effects of FaOH isolated from carrots were initially demonstrated in 2003. Furthermore, FaOH-type PAs show toxicity against human pancreatic carcinoma cells, but not normal pancreatic cells, in vitro by modulating the expression of the genes involved in apoptosis, cell cycle, stress response and death receptors.

Posted On 05/02/2024

Guillermou

El tratamiento de líneas celulares de leucemia con extracto de zanahoria o FaOH o FaDOH aislado inhibe la progresión del ciclo celular, lo que sugiere que las zanahorias causan la detención del ciclo celular. Las plantas alimenticias de las familias Apiaceae y Araliaceae ricas en AP tienen un potencial importante en la prevención del cáncer. Los hallazgos revisados aquí (Tabla 1) respaldan consistentemente que los AP son fitoquímicos naturales antineoplásicos con potencial para avanzar en múltiples aplicaciones en la prevención y el tratamiento del cáncer. Las concentraciones de PA en vegetales de gran consumo, como las zanahorias, son lo suficientemente altas como para proporcionar potencialmente efectos quimiopreventivos sustanciales dentro de la ingesta recomendada de vegetales y frutas de 400 g por día y, al mismo tiempo, son lo suficientemente bajas como para excluir preocupaciones sobre la toxicidad de estas fuentes dietéticas.

. Los AP tienen efectos inhibidores significativos en múltiples vías de células cancerosas, lo que indica propiedades antiproliferativas y antitumorales. Los estudios muestran que la ingesta constante de zanahorias crudas protege contra el cáncer de pulmón, al igual que en el intestino grueso. Interpretamos los resultados como indicativos de un efecto similar en el cáncer de páncreas y la leucemia.

www.mdpi.com/.../1192 (2023).-- www.mdpi.com/.../678 (2023).--

Posted On 05/02/2024

Almond

Vegetables should be lightly cooked to preserve their nutritional value. At this time of year, I find it necessary to peel carrots from cold storage. I am also trimming off more from each end of the carrot as they become more susceptible to deterioration. It is interesting how this is Mother Nature's way of letting you know you need to eat the last of the old crop before new spring crops come on. I am prob down to my last dozen carrots. We are enjoying carrot sticks with humus, using carrots as a bread substitute for our lunches.

Posted On 05/02/2024

pecanroll

My favorite carrot slaw: Shredded carrot 4-5 large One half lemon squeezed for juice One cup organic raisins one medium sliced red onion one cup sliced organic strawberries Mix with some mayo that is avocado base, add in to your taste red wine vinegar. I use a lot. I also add in a decent poppyseed dressing like three tablespoons from my health food store. So good. We eat 1.5 cups a day. I grown my own carrots, strawberries and red onion. I add sea salt afterwards to my tasting which would make most people crazy, enough to approach me in a restaurant and tell me I am ridiculous. It really did happen. I am prescribed salt. LOL If anyone worried about sugar content, my A1C is 4.6

Posted On 05/07/2024

BernadetteGately

Many thanks too for Ray Peat's carrot salads. I think that he says not to juice them. Is juicing recommended by any scientists and other experts? The I got tired of all the cleaning up afterwards! I used to juice carrots and celery every day to drink in the morning, and eat the pulp as well - adding lemon juice or cider vinegar. at first my skin used to turn yellow, which indicated some deficiency - in the liver perhaps.

Posted On 05/05/2024

Jantango

I think that Argentinians would roll their eyes at carrots of another color. I buy a kilo of them each week and eat one every day with my homemade hummus. They are so sweet without chemicals! I'm so used to eating them raw and enjoy chewing them.

Posted On 05/03/2024

grulla

It's good to know that carrots are on the EWG's clean 15 list. www.ewg.org/.../clean-fifteen.php Baby carrots VS little finger carrots: Baby carrots are small carrots cut and peeled from large carrots, while little finger carrots are grown small from seed that one can grow themselves, or CAREFULLY search for and buy NOT cut and peeled, at the SM or food co-op. www.rareseeds.com/carrot-little-finger ~~~
www.delish.com/.../dont-eat-baby-carrots

Posted On 05/02/2024
