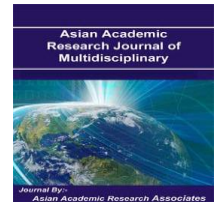




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## **THE EFFECT OF PREPARATION AND SERVICE OF FOOD ON NUTRIENTS**

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### **Abstract**

Food is a complex organic compound, which can be divided into two groups that contain; macronutrients (proteins, fats, and carbohydrates), and micronutrients (vitamins, minerals, and water). The preparation of food involves a great number of different processes to achieve desirable texture, flavor, palatability, and to extend, the shelf life of food products. A variety of things can happen during this process, heat, light or oxygen can cause greatest nutrients loss.

The purpose of this review is to evaluate the most relevant studies about factors influencing loss of nutrients from food of animal and plants origin. These include; losses prior cooking, losses by using different methods of cooking, and effect of holding time on nutrients during food serving, so food producer should be aware of that in order to adopt the better methods to optimize nutrition retention in food.

**Key words: Nutrients loss, Meats, Vegetables, preparation, cooking methods, Holding of food.**

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