
Subject: Foods that should not be refrigerated Quality may deteriorate - harm to the body.

Posted by [ritcha](#) on Sun, 17 Jan 2021 05:07:20 GMT

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While keeping food in the refrigerator is a convenient and effective way to preserve food, not all foods can maintain their quality by placing them in the refrigerator. Because cold may impair the quality of some foods And may be harmful to health

watermelon

Watermelon is a fruit that has a lot of water. When the water molecules are exposed to cold Will make it more dense This makes the watermelon fleshy, watery and tastier. Changes in this way are called Chilling Injury, which can be found when using the fruit in too low temperatures. The watermelon will experience chills at temperatures below 7 degrees Celsius.

In addition, there is a research experiment to store watermelon at different temperatures at 5, 13 and 21 degrees Celsius for a period of 14 days. And beta carotene at 21 degrees Celsius or close to room temperature There will be an increase in quantity The lycopene increased by approximately 11-40%, which lycopene is beneficial because it contains antioxidants. Can help prevent cancer The beta-carotene is increased by about 50-139%, useful in enhancing the body's immune system. Antioxidant And take care of blood vessels On the other hand If watermelon is stored at temperatures below 21 degrees Celsius, the amount of these phytochemicals is reduced.

How to store watermelon Can be stored at normal room temperature If you want to eat cold watermelon It can be refrigerated for a short time, 2-3 hours is enough to keep it cool. Where the taste and texture do not change

Raw bananas

Bananas are a fruit that is sensitive to chills. The peel of the banana turns black when it is below 8 degrees Celsius. Will inhibit the ripening of bananas Because the cold temperature will inhibit the work of ethylene gas Which causes incomplete ripening of bananas Eating raw bananas is high in tannins. And contains starch that enzymes cannot digest It may cause constipation.

How to store bananas Stored at room temperature away from sunlight, the storage period for bananas from raw to ripe bananas is 7-10 days.

Onion garlic

Keeping garlic and onions in the refrigerator will spoil them faster. Because there is moisture in the refrigerator Thus causing mold And these fungi may produce toxins that are harmful to the

liver cells and possibly carcinogens.

The cold also destroys the texture of the onion. Causing the texture to sear, not to be appetizing

How to store garlic and onions Should not be stored separately. Should be stored in a dry place

No moisture Airy Can be stored for up to 1-2 months

Canned food

Humidity and oxygen in the refrigerator It can cause the cans to rust. And when we eat food mixed with heavy metal from rust Will cause toxic effects on our cells in the body Liver toxicity And may later be a carcinogen

How to store canned food This is because canned food is designed to be stored at room temperature. If wanting to eat cold canned food Or want to store canned food that has been opened Should be poured into another container Then put into the refrigerator You can also store canned food in the refrigerator for 2-3 hours before being opened and eaten.

For more information please read on the link: [joker123](#)
