

Eating too Many Vegetables Could be Just as Unhealthy as Eating not Enough Vegetables

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Abstract—Whenever we reach a doctor with our gastric issues for instance Acid Reflux, Indigestion, nausea, epigastric discomfort, constipation, Diarrhea, weight management etc first thing we get to listen is that improve your diet habits, have less fats, fried, meaty diets, but many a times we misunderstand the concept and start loading ourselves with great heaps of greens, leaves, fruits and start solely vegetables. The main component of our vegetables is cellulose. In Humans it is non-digestible and forms the dietary fiber. It forms bulk agent for feces and potentially aiding in defecation. And this is crucial for a healthy gut. Cellulose on the other hand is the diet of Ruminants, cows and buffalo and the termites. These animals Ferment it in a specialized stomach prior to digestion, may be through microbial action. But it is important to analyze few things; can cellulose (the main component of greens) in excess be harmful to health? How much is our stomach capable of handling this organic compound? What effect it can have on the absorption of other nutrients from our food? What happens when one depends solely on crude fiber diets?

Introduction: Whenever we reach a doctor with our gastric issues for instance Acid Reflux, Indigestion, nausea, epigastric discomfort, constipation, Diarrhea, weight management etc first thing we get to listen is that improve your diet habits, have less fats, fried, meaty diets, but many a times we misunderstand the concept and start loading ourselves with great heaps of greens, leaves, fruits and start solely vegetables. But did the doctor mean overeat these healthy foods?

Cellulose: The main component of our vegetables is cellulose. It is an organic compound, a polysaccharide or we can call it a glucose polymer. It is a primary structure of cell wall of plants, forms 33% of vegetables, 50% of wood, 90% of cotton, 57% in dried hump. Don't get surprised that it is used for making plastics, cellophane, rayon and paper.

Processing of cellulose by Human Body versus Ruminants and Termites:

In humans cellulose is non-digestible and forms the dietary fiber. It forms bulk agent for feces and potentially aiding in defecation. And this is crucial for a healthy gut. But without sufficient fluids the same in high amounts may block the intestines. Cellulose on the other hand is the diet of Ruminants, cows and buffalo and the termites. These animals Ferment it in a specialized stomach prior to digestion, may be through microbial action. So the Gastric tract of these animals is designed in a way to convert cellulose into energy and at the same time humans are unable to do so. When you eat cellulose far more than the amount your stomach can handle, an uncomfortable experience can result like, digestive distress, gas, bloating, and even severe constipation.

Effect of Cellulose on Absorption of other nutrients:

When stomach is pre-occupied trying to process all those plants it doesn't have any capacity to absorb the nutrients you are eating. Vegetables are excellent source of carbohydrates but most of them don't contain protein and fats, so one can develop their deficiencies which can lead to dry skin, thinning of hair, swelling, weakness, less muscle mass, depression, anxiety, and most importantly slow recovery of wounds and illness. According to dietitian Debbie James, getting more than fifty grams of fibre from vegetables daily can impede our body's ability to effectively absorb essential minerals like zinc, Iron, magnesium, and calcium and our body can't produce on its own. So we can say that eating too many vegetables can actually make your food less healthy.

Vegetables and Obesity: The New England Journal of Medicine published a study in 2011 found that potatoes and potato chips were the two foods most strongly associated with weight gain. The Nuyota University registered dietitian Broke Schantz recommends limiting intake of starchy vegetables which have high calorie counts which can likely contribute to weight gain.

Recommended Daily Amount:

According to national institute of health guidelines, you are supposed to have 25 grams of greens per day. A cup on an average contains 8 grams of it. So an average bowl is enough. According to the Institute of Medicine (US) precisely 25gram for women and 38 grams for men should be the daily intake.

We should not forget that plant based foods are the primary diets of the ruminants and their stomach are designed so to handle the greens properly, on the other hand human body is different and it needs a balanced diet consisting of everything in a reasonable and healthy proportions i.e. a diet balanced out with whole grains, heart healthy fats, lean proteins, fruits, and vegetables.

References

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