How To Avoid Poisoning Your Food With Proper Cookware Transcript

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Cookware Safety and Healthier Materials

So we're gonna talk about some things about cookware and oils that you can use and not use when you're cooking, and just things to think about in terms of safety with your cook ware.

For sure, we are talking about cooking all this healthy food, right? Cook your organic food and make sure you get past your chicken and organic vegetables and good oils and then we cook it in situations that maybe add some toxins to our food.

So you even wanna think, well what am I cooking my food in? So a lot of non-stick cookware, it's chemicals that you're going to end up with in your food because you'll be cooking them into your healthy food.

So you just want to think about also well what am I cooking in? So some healthier alternatives would be things like stainless steel, cast iron, ceramic, and then a new line that's just been recently out or maybe I just recently found out about it is that Extrema ceramic cookware and that is the next thing I'm going to get.

What about glass stuff? And glass, I have some glass pots. You do have to be a little bit careful that you don't go from an extreme heat with glasspots to cold.

Glass, Plastic, and BPA Concerns

So, you know, because it'll break and shatter, but other than that, it's very safe to use. Yeah, definitely glass over plastic, right? So any plastic that's needed, even if it was just hot food that you're putting in a plastic container, those BPAs can end up in your food as well.

So we're never going to not be exposed to toxins. All we are really trying to do is minimize the load that we have in our daily lives. This is just another way to that.

Mine is a decoration. Mine too. Yes, my microwave is the decoration that's in my kitchen just to fill a void in the cabinets. If I were to build a new kitchen, I would not have a microwave in house.

Why the Microwave Is Avoided

It is toxic way to heat your food. If you put a healthy meal in there, it's going to basically fry all the nutrition in it. And then what if we put it in plastic?

Right, even worse. Yeah, so now we're going heat the plastic and drive more chemicals into our food that way. So I actually use my microwave for very few things, if at all.

Same here. I try to reheat everything on my stove top or in the oven. It's just, yeah, it's an extra step but you're getting the nutrients that you need that way and you are eliminating toxins from your life.

Yeah, toaster oven, something other than the microwave is great.