Pot Bowl Basin Hidden Four Major Hazards by Yyfq66

Article published on April 23rd 2012 | Health

Home safety hazards, the main factors threatening the safety of children, parents with particular attention to the understanding of family safety knowledge, and home security hidden danger, so that the baby may be subject to domestic security threats to eliminate clean.

Live at home, and ultimately, pots and pans, but the housewives had better pay attention, the family pots and pans should be used with caution, they are likely to harm your health.

Your home, bowls, chopsticks, spoons, plates, pots are "healthy"? Perhaps you do not know beautiful tableware can easily become invisible "killer." Hazardous to health, let us uncover the hidden danger behind these beautiful tableware.

Ceramics: the denial of the inner wall of painted, buy a new tableware vinegar soak

Health threats: the inner wall of ceramic tableware painted bright colors, but the glaze contains lead, mercury, cadmium and other heavy metals. Among them, cadmium and lead is easy to cause liver or other internal organs poisoning, mercury can cause liver, kidney sclerosis. The ceramic glaze is more and more vivid the color, the more lead, cadmium, and other compounds.

Health advice:

The election ceramic tableware Do not value patterns, in particular, do not use the inner wall with painted dishes. To buy a new food can be placed in the vinegar and soak for 2 to 3 hours to dissolve the harmful substances in the glaze. In addition, the polychrome do not put the microwave.

Stainless Steel: away from the strong acid foods, damaged the need for timely replacement of

Health threat: The stainless steel is then add the iron-chromium alloy made of some other metal elements. The metal is very good, are more resistant to corrosion than other metals. But if used improperly, the metallic elements in stainless steel will slowly accumulate in the body will reach a certain amount of harm to human health.

Health advice:

To be especially careful in the use of stainless steel tableware, not a long bloom strong acid or alkaline foods. Stainless steel utensils should not be used to torment the traditional Chinese medicine. Once a deformation of the stainless steel tableware or surface damage, it should be replaced.

Aluminum pan: wok aluminum pan and mix more dangerous

Health threats: aluminum intellectual aging elements, can lead to memory loss, slow thinking reaction force. Too much aluminum is not only an important reason to cause Alzheimer's, is detrimental to children's brain development. Food in the aluminum from cooking utensils (pots and shovels) pollution, particularly iron, aluminum mix (such as aluminum wok shovel or aluminum pan and shovel) can lead to the dissolution of the aluminum electrolysis and replacement, increasing human intake of aluminum.

Health advice:

Not long-term use of aluminum pots, aluminum, iron cookware and tableware do not mix.

Non-stick: put an end to dry not fried release of toxic damage to the body

Health threats: non-stick out of the pan is hard to wash troubled many housewives, but the non-stick coating at high temperature pyrolysis, and the release of the two toxic substances, a fluorocarbon, and the other a trifluoroacetic CFC. Harmful to the former body tissues of animals, and gathered in the body; the latter is toxic, will also damage the human body.

Health advice:

Using non-stick cooking, spoil the broth 3 generally will not cause harm to humans, but if used to fried food, there will be some hazards. Because some people like to boil dry cooking, red-hot after refueling, so that the pot temperature is certainly more than 260 â„ƒ. Therefore, be sure to use non-stick put an end to this habit.

Article Source:
http://www.articleside.com/health-articles/pot-bowl-basin-hidden-four-major-hazards.htm - Article Side

Yyfq66 - About Author:

New trend a air max pas cher sportwears have many kinds of color match and fashion design,all people like to wear a nike free run pas cher to do some exercise,so our store offer for you the cheapest and suitable a nike free 3.0 v3 sneakers.

Article Keywords:
nike free 3.0 v3,nike free run pas cher,air max pas cher

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!