

# Tips To Reduce Food Toxicity When Using Different Cookware



Avoid cooking and storing food for long periods in aluminum cookware.

Avoid cooking and storing leafy vegetables and acidic foods in aluminum cookware.



Avoid cooking and storing food in uncoated or scratched copper cookware.

Avoid storing highly acidic and sour foods in stainless steel cookware.



Avoid using stainless steel cookware if you are allergic to nickel or chromium.

Avoid using glazed ceramic cookware made with high levels of lead and cadmium.



Avoid heating non-stick-coated cookware beyond 350 degrees Celsius.

## References:

- 1 The Safe Use Of Cookware; Health Canada
- 2 Stainless Steel Leaches Nickel and Chromium into Foods During Cooking; NIH