

HEALTHY

Kitchen!



HEALTHY FOOD PREPARING

Dangers of Plastics

Using wooden cutting boards, metal spatula's and wooden spoons to cook with will minimize your exposure to exogenous estrogens.

Increasing concern has been raised about the compounds with hormone-like action on human development and reproductive health.

Eliminating storage of foods in plastics and ensuring no re-heating is done in plastics will decrease exposure to exogenous estrogens.

✕ Full Steam Ahead ✕

STEAMING YOUR VEGGIES

Steaming your vegetables, helps to maintain their vitamin and mineral content . Steaming has long been thought of as the gold standard for vegetable preparation because of its inherent health benefits, and ease of use. Steamed vegetables can be matched with almost any meal. Try steaming Broccoli,

Cauliflower, Asparagus, Kale, Swiss Chard, Spinach, Parsnips. Top with butter, salt and a splash of "Braggs*" or apple cider vinegar.

* Braggs is a soy based liquid used for flavoring. It can be a better choice than regular Soya sauce because it has not been fermented.

Le Creuset !

The pots you cook in could be



contributing to ill health. We have found that the enameled cast iron is the safest cookware out there. Check out their full line of products at www.lecreuset.com

It is essential that Teflon and other non-stick pans are used at a minimum reducing exposures to potential carcinogens.