

# HOW TO

# Create a non-toxic kitchen



wellness4women.info

**\*\*YouTube video:** <https://www.youtube.com/watch?v=Dihmrs-iL6Y&t=23s>

## Materials to **AVOID**:

- Aluminum
- Plastic (even BPA-free)
- Teflon (PTFE)
- PFAS, and PFOA - these are chemicals that emit toxins at a high heat and can stay in the body and the environment for a very long time.

## In general, safer materials include:

- 100% Ceramic
- Food grade stainless (If you have a nickel allergy, be mindful that this may leech nickel at high temperatures and with acidic foods)
- Carbon steel
- Cast iron (If you have a history of high iron levels, this may not be your best option)
- Oven safe glass (baking, storage, mixing bowls, etc.)
- Wood (utensils and cutting boards)
- Silicone (utensils, muffin pans, storage, etc.)

## Here are some tools we highlighted in the video:

- Stainless steel pots and pans
- Carbon steel pots and pans
- Cast iron skillet and wok
- Ceramic coated cast iron (better option for those with high iron levels)
- Green pan
- Stainless steel vegetable steamer
- Crock pot
- Instant Pot
- Vitamix
- Nutribullet
- Wood cutting board
- Silicone spatulas
- High quality knife set
- Ceramic coated cookie sheet
- Stainless measuring cups
- Glass storage containers