



The Non-Toxic Kitchen: Safe Cookware

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Cathy Mazanec, MPH, RD, CSSD, LDN

There has been lots of awareness-raising lately about the safety of our food supply including the tools we use to cook and store our food. Many nutritionists, health care providers and scientists agree that reducing exposure to toxins whenever possible makes good sense.

The Environmental Working Group (EWG), an environmental health research and advocacy organization, suggests 3 types of cookware as your safest bets for clean, toxin-free cooking:

1) Stainless Steel

Stainless steel is considered a healthier alternative to non-stick cookware. And, chefs often prefer the performance of stainless steel over non-stick cookware. [All Clad®](#) is a well known premium brand with a reputation for great performance. Many less expensive lines make great options as well.

2) Cast Iron

Having been around for decades, cast iron is still considered one of the safest and most durable cookware options available. Cast iron performs beautifully and provides the health benefit of adding iron to your food. This cookware requires the unique step of “seasoning” to keep it performing properly, but, in spite of this extra maintenance, those who use it love it. You can still purchase cast iron cookware and it is now available pre-seasoned (though some say you still need to do additional seasoning). A leading manufacturer of cast iron cookware is [Lodge®](#).

3) Enameled Cast Iron

Porcelain enamel covering cast iron makes this cookware beautiful, durable and safe. This cookware can be pricey so you could gradually build a collection by treating yourself to one piece at a time. [Le Creuset®](#) and [Lodge®](#) are two popular manufacturers of enameled cast iron cookware.

Glass Drinking Bottles

As more research is surfacing on the dangers of plastics like BPA and phthalates, another trend is emerging - glass drinking bottles. Being a fast paced person, I’ve steered clear of glass bottles in the past for obvious reasons. But, these new glass water bottles come with silicone covers to protect them from breakage which appeals to even the clumsiest of us. You can get them in a variety of styles and colors and all parts are dishwasher safe for easy cleaning. Here are a few popular options:

- [Lifefactory® Glass Drinking Bottle with Silicone Sleeve](#)
- [Aguasana® Glass Drinking Bottles](#)
- [Aguasana® Silicone Protective Sleeves](#)
- [Takeya® Glass Drinking Bottle with Silicone Sleeve](#)
- [bkr® Glass Drinking Bottle with Silicone Sleeve](#)

Stainless Steel Drinking Bottles

If you prefer not to use glass drinking bottles, another safe alternative is BPA-free stainless steel drinking bottles. Here are a few good options:

- [Kleen Kanteen® Stainless Steel Water Bottles](#)
- [Pura® Stainless Steel Water Bottles](#)

For more information on the safety of plastics, [click here](#) for EWG's guide to plastics.

An Alternative to Pasta - More About Vegetable Noodles

If you haven't invested in one of the new kitchen gadgets that turn vegetables into spirals or noodles, you might want to jump on this bandwagon. Vegetables have never tasted so good!

I tend to love kitchen gadgets (at least the dishwasher safe ones) because they add some interest to the usual boring chopping of meal prep. AND, they intrigue my family members so they are willing to use them!! Help in the kitchen?....Sweet!!

I was playing around with my new [Paderno World Cuisine Spiralizer](#) first introduced to me in Kelly's Chews Strategically "[Zoodles](#)" post and decided to make zucchini noodles. I was so enamored with these beautiful "zoodles."

What else could I do with them in addition to putting them under my pasta sauce? Check out the full blog to see the recipes I came up with....