


Benefits, Risks and Recommendations On Handling of Various Types of Cookware

(MyHEALTH Portal - www.myhealth.gov.my)

TYPE OF COOKWARE	BENEFITS	RISKS	RECOMMENDATIONS ON HANDLING
<p>Aluminium cookware</p> 	<ul style="list-style-type: none"> ▪ Lightweight. ▪ Thermally responsive. ▪ Easy to clean. ▪ Fairly inexpensive. 	<ul style="list-style-type: none"> ▪ During cooking, some aluminium especially from worn or pitted pots and pans may dissolve into food. ▪ The longer food is cooked or stored in aluminium, the greater the amount of aluminium that gets into food. ▪ Leafy vegetables and acidic foods, such as tomatoes and citrus products, absorb aluminium the most. ▪ Salty water or food can pit aluminium cookware, making older pots a possible source for trace amounts of substances like arsenic and fluorides. 	<ul style="list-style-type: none"> ▪ Keep aluminium cooking utensils in a good condition. ▪ Avoid cooking with aluminium pots and pans that has worn out or pitted. ▪ Minimize food storage time in aluminium utensils. ▪ Avoid cooking highly acidic foods in aluminium cookware. ▪ Choose anodised aluminium cookware as a safer alternative. Anodised aluminium cookware conducts heat as well as ordinary aluminium, but has a hard, non-stick surface which makes it scratch-resistant, durable, and easy to clean. ▪ Cleaning tips : To protect aluminium cookware from discoloration, NEVER wash it in a dishwasher or let it soak in

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			soapy water for long periods of time. Use a steel-wool soap pad to remove burned-on food.
<p>Copper cookware</p> 	<p>Conducts heat well, making it easy to control cooking temperatures.</p>	<p>High levels of copper leaching that can occur when acidic foods are prepared in copper cooking utensils, which can cause chemical toxicity and illness.</p>	<ul style="list-style-type: none"> ▪ Avoid uncoated copper cookware and copper cookware coated with tin or nickel coatings. ▪ Do not use badly scratched or uncoated copper cookware to cook or store food. ▪ Protect copper pans from scorching by making sure there is always liquid or fat in the pan before it is placed on the heat. ▪ Use wood, nylon, or specially coated spoons and spatulas to prevent surface damage. ▪ Cleaning tips : Avoid abrasive materials when cleaning coated copper cookware.

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<p>Cast iron cookware</p> 	<ul style="list-style-type: none"> ▪ Thick and dense which gives even and high heating capacity. ▪ Releases some iron (essential nutrient) into food which is beneficial to the body. ▪ Retains heat after the element is turned off. This is a good attribute for slow cooking and keeping food hot for a longer period of time. 	<p>May rust if not properly maintained.</p>	<ul style="list-style-type: none"> ▪ Keep the inside of cast iron cookware frequently coated with unsalted cooking oil to prevent rust. ▪ <u>Cleaning tips</u> : Cast iron cookware should not be washed with strong detergents or scoured. Wash cast iron cookware in hot sudsy water, dry it immediately and thoroughly after rinsing and store in dry cupboard.

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<p>Ceramic, Glass, Crock Pot, Terra Cotta cookware</p> 	<ul style="list-style-type: none"> ▪ Easily cleaned. ▪ Can be heated to fairly high temperatures. ▪ Ceramic cookware is glazed with a form of glass to resist wear and corrosion. ▪ Some glass containers are microwave safe. 	<ul style="list-style-type: none"> ▪ Minor components used in making, glazing, or decorating ceramic and glassware such as lead, pigments or cadmium may cause potential health risks. ▪ Lead, pigments and cadmium may leach into food especially when cooking acidic foods. 	<ul style="list-style-type: none"> ▪ Ceramic and glass cookware that has chips, cracks, or crazing on the surface should no longer be used for cooking or serving food. ▪ Ensure that there is a label that reads, “Safe for food use” when choosing ceramic or glass cookware. ▪ Do not heat up this type of cookware to a high temperature to avoid burning the food and leave permanent marks on the cookware. ▪ Cleaning tips : Never clean ceramic, glass, terracotta and crock cookware with abrasive cleaners or steel pads. For tough stains, let the cookware soak in warm water with liquid soap for a few hours then wash with a soft dish rag.

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<p>Stainless steel pots and pans</p> 	<ul style="list-style-type: none"> ▪ Inexpensive. ▪ Can be used at high heat. ▪ The surface is sturdy, strong, and scratching and corroding resistant. ▪ Long-lasting. ▪ Most stainless steel cookware have copper or aluminum bottoms for even heating. ▪ Considered one of the best and safest choices for choosing cookware. 	<p>The metals present in the alloy used in stainless steel can be released into food in extremely low quantities. These metals include nickel, molybdenum, titanium, aluminium, chromium and carbon steel may produce health effects.</p>	<ul style="list-style-type: none"> ▪ People with nickel allergies should avoid cooking with stainless steel cookware. ▪ Do not store highly acidic foods in stainless steel containers. ▪ Do not let a stainless steel pot boil over high heat for a long period of time to avoid discoloration. ▪ Cleaning tips : Stainless steel wares are dishwasher safe, but if you wash it by hand, dry it promptly to prevent water spots.

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<p>Teflon™ (Polytetrafluoroethylene) coated cookware</p> 	<ul style="list-style-type: none"> ▪ Non-stick. 	<ul style="list-style-type: none"> ▪ Produces toxic fumes when heated with high heat which causes an illness in humans known as polymer fume fever. ▪ Can heat up to 430°C within 5 minutes if left unattended. ▪ Scratch easily and may release trace amounts of inert plastic into the food when cooked. ▪ May contain perfluorooctanoic acid (PFOA), a chemical used to bond the non-stick coating to the pan. PFOA has been shown to cause cancer, low birth weight, and a suppressed immune system in laboratory animals exposed to high doses. 	<ul style="list-style-type: none"> ▪ Do not overheat Teflon coated cookware. It should be used only at low or medium heat. ▪ Never leave Teflon coated cookware unattended at high temperatures. ▪ Use wood, nylon, or specially coated spoons and spatulas to prevent surface damage. ▪ Cleaning tips : Do not soak Teflon pans in soapy water; the coating can retain a soap flavour. Most Teflon cookware can be safely washed in the dishwasher.

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<p>Plastic coated wares</p> 	<ul style="list-style-type: none"> ▪ Lightweight. ▪ Hard to be break. ▪ Suitable for use with microwave. 	<p>At high temperature, food especially fatty and oily food may absorb some of the plasticiser.</p>	<ul style="list-style-type: none"> ▪ Use only plastic coated cookware which is labelled 'microwavable' or 'food grade'. ▪ Cleaning tips : Check the manufacturer's instructions to see if an item is dishwasher-safe. Do not use solvents, harsh abrasives, or scouring pads to remove stains from 'microwave safe' cookware.
<p>Silicone baking wares</p> 	<ul style="list-style-type: none"> ▪ Colorful. ▪ Lightweight. ▪ Non-stick. ▪ Stain-resistant. ▪ Hard-wearing. ▪ Cools quickly. ▪ Tolerates extreme temperature. ▪ Freezer, refrigerator, microwave, dishwasher and oven safe. 	<ul style="list-style-type: none"> ▪ No known health hazard. ▪ Does not react with food or beverages. ▪ Does not produce fumes when heated. 	<ul style="list-style-type: none"> ▪ Do not heat silicone cookware above 220°C as it will melt in high temperatures. ▪ Never use on an open flame or on stove-top burners. ▪ Cleaning tips : Do not use abrasive cleaning materials when cleaning to avoid scratches.

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<p>Bamboo steamers</p> 	<ul style="list-style-type: none"> ▪ Non-reactive. ▪ Considered safe and not harmful to health. 	<ul style="list-style-type: none"> ▪ Chipped bamboo steamers may cause physical hazard. 	<ul style="list-style-type: none"> ▪ Use with care to avoid burn. ▪ Cleaning tips : Do not use abrasive cleaning materials when cleaning to avoid scratches. Do not soak in water and never put wood/bamboo cookware in dishwasher. Eliminate odour by rubbing the surface with a lemon.

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