

The Dark Side of Modern Cookware

As Indians, we are blessed with a rich culinary heritage where traditional cookware not only enhanced taste but also nurtured health. Our ancestors used materials like clay, brass, bronze, cast iron, and glass - guided by Ayurveda and natural living. But today, flashy modern cookware often hides toxic secrets behind shiny surfaces and celebrity ads.

1. Non-Stick Cookware:

- Made using PTFE/Teflon coating, often contains PFOA (linked to cancer).
- Releases toxic fumes above 260°C. Scratches expose the base metal (usually aluminum).
- Short lifespan; disposal harms the environment.

2. Aluminum Cookware:

- Lightweight and cheap, but aluminum is neurotoxic and linked to Alzheimer's.
- Easily reacts with acidic food, increasing metal leaching into meals.

3. Stainless Steel:

- Food-grade 304 and 316 are safe.
- Cheaper variants (200 series) can leach nickel and manganese, harmful to liver and kidneys.

4. Cast Iron:

- Safe and beneficial when seasoned well.
- Adds iron to food, helpful for people with iron deficiency.
- Needs proper care to avoid rusting.

5. Brass, Bronze, Glass:

- Brass: Retains up to 93% nutrients. Safe when tin-coated (kalai).
- Bronze: Antibacterial, durable. Must be cleaned properly.
- Glass: Non-reactive and inert. Safe for acidic and all kinds of food.

6. Clay Cookware:

- Retains more nutrients due to slow cooking.
- Alkaline nature balances food's acidity.
- Enhances flavor and is eco-friendly.
- Needs seasoning and care to prevent cracks.

7. How TV Ads Fool Us:

- Promote harmful cookware with buzzwords: "food-grade", "health-friendly", "German tech".
- Hide toxic components like PTFE, PFOA, poor-grade steel or aluminum.
- Use celebrity influence and greenwashing to mislead consumers.

Conclusion:

Returning to our roots isn't backward - it's wisdom. Choose cookware that supports your health, honors our heritage, and respects nature. Let's decode our kitchen and live the way our ancestors always knew: in harmony with purity.