

4 serious mistakes everyone makes when using food wrap

If you use food wrap incorrectly, it can affect your health. Below are some mistakes when using cling film. Please read the article below to know and avoid them.

Food wrap is a familiar item in every family's kitchen that helps cover or wrap food.



Serious mistake of using food wrap

Do not remove the wrap when reheating food

Food wrap may contain chemicals such as Phthalates and DEHA, etc. When exposed to high temperatures, these substances will melt and mix with food, causing negative effects on health.

Therefore, please check to see if the food wrap you use can be put in the microwave before using it.



Use poor quality food wrap

Poor quality food wrap may contain toxic additives such as plasticizers, DEHP, and plasticizers such as cadmium. Using poor quality wrap will cause these substances to stick to the food, which is not good for your health. Therefore, look for food wrap in a reputable place with a clear origin.

There is no gap between the food and the food wrap

The ideal distance between food and food wrap to ensure that chemicals do not penetrate into the food is at least 2.5cm.

Use plastic wrap when food is still hot or greasy

Doing so will cause the chemical ingredients in the food wrap to melt and penetrate into the food, causing harm to health. So, wait until the food cools down and use plastic wrap to preserve it.

Instructions for using food wrap properly

1. Use products of clear origin.
2. Store food wrap in a cool, dry place.
3. Drain food before storing in plastic wrap.
4. Recommended for cooked, processed foods and PVC wrap for raw, unprocessed foods.

How to microwave food

When you microwave food, first remove the plastic wrap. Next, use a ceramic plate or ceramic bowl and place it on top before rotating it in the microwave. This is a very safe and effective way to heat food without harming your health.



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