

Choose a healthy cup

Cups are made from different materials like and not all are good for your health

Cups and cups are items that are used daily, although there are many types made from different materials such as plastic cups, paper cups, glass cups, stainless steel cups, . but not all types are good for your health. health. Here is how to choose and use each type of glass in different cases to be good for your health.



Choose a healthy cup
first

Coffee should not be stored in stainless steel cups



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Stainless steel cups such as stainless steel cups are often more expensive than ceramic and porcelain cups. Normally, the metallic elements in the glass are quite stable but in an acidic environment these elements can be "dissolved". So, if you use stainless steel cups to hold acidic drinks, coffee, carbonated drinks,. can precipitate heavy metals in the glass, which in the long run will have a bad effect on your health. .

2

Disposable paper cups may contain carcinogens



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Disposable paper cups look very hygienic and convenient, but whether it meets the standards or not is difficult to tell. Often pure white glasses may have been soaked in bleach, a potential carcinogen. As for the soft cups that

can be deformed after pouring water or the inside of the glass has a lot of white dust. then it is definitely not recommended.

In addition, from the perspective of environmental protection, we should limit the use of disposable cups because they are difficult to decompose when discharged into the outside environment.

3

Plastic cups are easy to accumulate residue



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Plastic cups are also an unwelcome type of glass, because in plastic cups often have a few chemicals that are not good for health. Using a plastic cup for hot or boiling water, those toxic chemicals will easily dissolve in water, and the microstructure of the plastic cup has many small holes, easy to accumulate substances contained in the glass, from which bacteria production.

If you choose a plastic cup, you need to choose one with a clear brand name and meet hygiene and safety standards.

4

Be careful with colored enamel cups



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Colored glazed glasses are very beautiful, but it is best not to use them because the glaze can release heavy metal elements such as lead when storing hot, alkaline or highly acidic items.

5

Glass - the best kind of glass



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Of all the materials used to make cups, glass is the most ideal. The glass in the process of burning does not contain organic chemicals, when we use the glass to drink water or drink other beverages, we do not have to worry about the chemicals going into the abdomen, in addition to the surface. The glass surface is smooth, easy to wash, bacteria and residues are not easy to stick to the glass, so we should use the glass is best for health.

6

Pure white ceramic cup - both heat preservation and safety



Pure white ceramic cup - both heat preservation and safety

White, unglazed, uncolored porcelain cups are safe and keep heat well. When you want to drink hot drinks or tea, you should choose this type of glass.

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