

It turns out how long we have been cooking the wrong way to risk arsenic contamination without knowing it

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The toxic substances in rice are caused by residual chemicals from pesticides and industrial wastes that remain in the soil over the years. Scientists believe that the way of cooking rice of millions of people in the world today is wrong because it does not remove harmful substances in rice before cooking.

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Professor Andy Meharg of Queens Belfast University, UK, said that soaking rice overnight before cooking is the right and best way to cook rice to remove toxic residues.

Professor Andy Meharg has developed three different cooking methods to test the ability to remove harmful chemicals, especially arsenic residues from pesticides, out of rice.

1. Cook rice at the rate of two water per rice and the amount of water will evaporate during the cooking process.
2. Cooking rice with a ratio of 5 water per rice and excess water will be poured during cooking. In this test, the arsenic residue is only half that of the first test.
3. Soaking rice overnight before cooking shows that arsenic residue in rice decreases by 80%.



Professor Andy Meharg also gave instructions on how to cook rice properly and best to remove residual chemicals from rice:

1. Soak rice overnight. Before cooking, mix well until the water is clear.
2. Put the rice in a pot with a ratio of 2 water per rice, add a little salt and mix well.
3. When the water boils, switch to the lowest heat setting for 10-15 minutes and do not open the rice for the cooked rice.

Long-term arsenic poisoning can lead to risk of developing diseases, heart, diabetes and cancer.

According to the European Commission regulations in 2015, the amount of inorganic arsenic in cooked rice should not exceed 0.2 mg / kg, effective from January 2016.

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