

# The effect of improper use of cooking oil

It seems harmless, but the habit of using this cooking oil is the cause of many dangerous diseases for users.

Today, people often use vegetable-based cooking oils to replace animal fats to protect their health. However, improper use of cooking oil that many people think harmless is the cause of many dangerous diseases. So what are those habits?

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## Habits of using cooking oil are harmful to health

### Use too much cooking oil

Edible oil that manufacturers advertise is healthy, contains no cholesterol. However, that does not mean that we can use 'smooth' cooking oil. According to health experts, each person should only use up to 4 teaspoons of cooking oil per day to tolerate the body fat needed. Using too much oil will cause many dangerous diseases such as overweight, obesity, dyslipidemia, pathology of diabetes, hypertension, stroke .



Use too much dangerous cooking oil

### **Use fried oil to fry many times**

Using fried cooking oil to fry many times - this must be a habit of many housewives. After processing fried foods, frying will often have plenty of cooking oil left over. With the psychology of 'regret', many people keep this oil to use for later cooking. Maybe this helps you save a bit of money but it is a destructive health for the whole family.

According to scientists from the University of Illinois (USA), cooking oil that is heated many times will cause triglycerides to decompose, leading to oxidation of free fatty acids and eventually release of acrolein. - cancer. Not only that, fried cooking oil is fried many times without the original nutritional value, the vitamins are destroyed and reduce the flavor of the dish.



Fried oil goes back to frying - the main cause of cancer

## Use cooking oil at high temperatures

Many studies show that cooking oil, if heated at too high a temperature (which emits cooking oil and has a slight smell) is extremely harmful to health. Specifically, when cooking at high temperatures, the fatty acids in cooking oil will be disturbed by cell structure, mutagenic. They are the toxins that cause many dangerous cancers, especially rectal cancer, liver, lung and breast cancer. Not only that, they can also reduce the body's immunity due to excess lipids .



High temperature cooking oil is susceptible to change

## How to use cooking oil properly

Proper use of cooking oil is one of the measures to help protect the health of the whole family. So how to use cooking oil properly?

1. Use only the right amount of oil to match your body's nutritional needs
2. Please remove excess oil after each food preparation
3. Do not heat oil at too high a temperature. If you accidentally let the oil heat up to the point where it smokes and smells bad, then remove the oil and replace it with new oil!
4. Always pay attention to the nutritional ingredients when choosing to buy cooking oil
5. Variety of cooking oils
6. Use oil that matches your age
7. Store cooking oil in a cool, dry place, avoid direct sunlight

Use special equipment such as oil-free fryer, non-stick pan. Oil-free fryer, non-stick pan are modern kitchen appliances. They allow you to prepare a variety of dishes, especially fried foods without too much cooking oil as with regular pots. Thanks to that, the food will be more delicious, so it will not stop eating and keep the nutrition.

The harmless daily habits of cooking oil are devastating our health every day. So change them from today. You can find kitchen appliances like oil-free fryer, quality non-stick frying pan at [META.vn](http://META.vn).

### >>> More references:

1. How to fry chicken wings with an oil-free fryer

2. Top 4 best-selling non-oil fryer in 2019
3. Why do housewives believe in non-oil fryer?
4. A good tip for a non-stick pan is to be durable and not be close
5. How to make fried spring rolls (spring rolls) with an oil-free fryer

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