

Things to know when using food plastic

With low price, durable many people often choose plastic box to use. But plastic boxes, when stored improperly, pose a great risk to health. Therefore, when using plastic, you should note the following.

1. Do not store these foods in the refrigerator
2. The dangers of storing refrigerated food in the wrong way
3. Food will become toxic if you store it the wrong way

Today to preserve food in refrigerators, many people often use glass boxes or plastic containers for preservation. With glass box, you can rest assured to preserve without fear of poisoning into food, however, because glass box has higher price, so few people choose. As for the plastic boxes with colorful eye-catching, cheap price is always the first choice of many housewives. But plastic boxes, when stored improperly, pose a great risk to health. Therefore, when using plastic, you should note the following.

1. Choose places to buy



Currently on the market there are many plastic products, these products are diverse in design to color, price, origin . this diversity makes it difficult for consumers to choose for themselves. A suitable and safe product to use. So, in order to ensure these products are safe and clear, it is best to select stores that sell reputable products, with trademarks and certifications of accrediting agencies.

2. Should choose inorganic, hard, white plastic box



When choosing plastic containers to use, you should choose inorganic plastic products, because these plastics are usually safer, less harmful to the body than organic plastic. To be able to distinguish these 2 plastics, you can look directly in the sun, with organic plastic we will still see the sun and inorganic plastic does not let sunlight pass.

Also factors such as color or hardness of the product are also important to note. White plastic boxes are usually safer than plastic containers with eye-catching colors, because colored plastic on products is often deformed or contaminated with chemicals after use. So can infect us, affect health.

3. Do not reuse thin plastic bottles and containers



Soda bottles or thin plastic boxes are usually made of plastic # 1 PET, which is disposable plastic. We should not reuse for the next time, because during use, these plastic boxes must be exposed to sunlight, temperature, chemicals . May be absorbed into food harmful to muscle can.

In addition, disposable plastic boxes are often difficult to clean, as they are made of porous plastic, which is easy to absorb flavor and bacteria during use. Do not be sorry to leave and use it, harm yourself and your family.

4. Absolutely do not use plastic food containing hot food



When using plastic, you should be careful not to store hot food when storing, because when storing hot food, the amount of monostyren (a poison) in the plastic will be released and absorbed into food. This causes serious damage to the liver and causes many serious health problems.

In particular, it is not safe to use plastic when turning in a microwave oven, with high temperature plastic being released and absorbed into food, causing serious harm. Moreover, the combination of fat in foods with synthetic resins will create dioxin, which is very dangerous to health, even leading to cancer, affecting our lives.

Therefore, when using a microwave oven, you should use glass boxes, chinaware, porcelain for food storage and safety.

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