

Top 10 common mistakes when processing everyday dishes

There are dishes and ways of cooking that we think are right and safe, and experts point out that it is completely wrong. Here are the top 10 common mistakes when processing everyday dishes. Invite you to consult!

1. 17 types of food can be eaten at any time without quantity restrictions
2. 9 medicines and foods absolutely should not be used together
3. 7 daily routines can ruin your health

There are dishes and ways of cooking that we think are right and safe, and experts point out that it is completely wrong. The issue of food safety is always a topic of great concern but there are some disclosures related to this issue that many people feel surprised.

Of course, it will be perfect if we follow the research experiments of experts and remove those foods from the menu every day. While it is impossible to eliminate it completely, it is simply limited to the diet and find an alternative if possible to protect your health. Here are the **top 10 common mistakes when processing everyday dishes** . Invite you to consult!

1. Raw oysters





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Do not eat raw oysters . An American expert **Bill Marler** has worked with food poisoning cases for more than 20 years and decided to share this with everyone in the world why he never eats raw oysters. Because global warming causes **bacteria in the oceans to start to multiply** and they often parasitize in shellfish species such as oysters, snails . So eating oysters can also be eaten together. Follow the toxic bacteria and cause the body to be poisoned, carrying many pathogens that we do not anticipate.

Replaceable : Instead of eating raw oysters, grill them and sprinkle with a little spicy chili sauce. Also, make food, especially seafood to protect yourself and your family.

2. Fresh fruit juice



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This may sound absurd but American scientists have revealed that **fresh fruit juice may be the source of spreading the disease if we improperly process it** .

Replaceable : Experts recommend replacing this fresh fruit juice with pasteurized juices of reputable brands. However, pasteurized juices often lack some of the vitamins in fruits, so it's best to eat fresh fruit to make sure you get the right amount of vitamins.

3. Re-meat



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When processing foods with temperatures below 71 degrees C, it will not eliminate all kinds of bacteria that are harmful to the gastrointestinal tract like E.coli and salmonelle.

Replaceable : So instead of re-eating, experts recommend that you eat meat that is fully cooked.

4. Sprouts



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Sprouts are rich in nutrition, but the risk of E.coli infection is also very high. Two types of E. coli and salmonella, often found in sprouts, especially with untreated seeds. Which nuts or sprouts are not known to have been tested or are difficult to check.

Replaceable : Instead of eating sprouts, you can use coarse nuts to get healthy nutrients from them.

5. Fresh milk



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The type of fresh milk we mentioned here is milk that has not been pasteurized or sterilized. In the process of milking cows it is not possible to ensure a sterile environment, even when the herd is well cared for. Therefore, the risk of some bacteria in this fresh milk is quite high.

Can be replaced : To ensure the removal of all these bacteria, one must use boiling (*pasteurized*) or sterilized by a closed line.

6. Tiny cabbage live



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Specialist Bill Marler said: There are many cases of poisoning due to eating raw tiny cabbage or Brussels sprouts. That is why it is listed on this list.

Replaceable : To avoid E.coli and salmonella infections, it is best to cook them at a temperature of at least 160 ° C.

See also: Measures to treat and treat food poisoning at home

7. Boil, cook freshwater fish soup



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Spanish scientists at the University of Seville discovered that cooking freshwater fish with water as a soup only removed 18% of the cyanotoxin (*cyanobacteria*) toxins found in fish, this is a Life-threatening bacteria. The remainder dissolves into soup or soup and becomes a poison that affects human health.

Can be replaced : Instead of eating fish soup, you can replace it with steamed fish dish, with this cooking can eliminate up to 26% of harmful bacteria.

See also: 9 familiar types of fish should not eat too much if you don't want to ruin your health

8. Meat products



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An American study showed that the most expensive and most expensive processed meats also contained carcinogenic nitrates and nitrites. For example, 1kg of sausage contains 4 times the amount of salt and 0.5 times the amount of fat a piece of beef of equal weight. Therefore, researchers recommend removing these foods from the menu every day.

Replaceable : Instead of using sausage or smoked meat, you should use fresh meat, or home-made dry meat.

9. Available food has more than 2 ingredients



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Manufacturers use butylated hydroxyanisole (BHA) and butylhydroxytoluene (BHT) as preservatives, high doses of this substance cause **endocrine disorders** . Moreover, if you regularly absorb BHA into your body, it is easier to get cancer.

Replaceable: Ideally, you should eat fresh foods every day, or if you don't have the time, cook your own food on the day off and store it in the refrigerator as a storage box.

10. Pre-cut vegetables



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Prepared fruits (*washed and sliced*) are often unsafe to use. Because to process them, fruits will pass through many people so the risk of infection of this food will increase.

Can be replaced: If you want to have a bowl of fruit beams or a bowl of fruit salad at home, it is better to buy ingredients and make them yourself.

See also: 10 simple first aid tips but 90% of people still do wrong

Having fun!

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