

## Guillermou

Personally, he combines raw feeding with steam cooking. "In this manuscript, we have found that microwave heating can change the structure and specific qualities of starch, lipid, and protein in food, making it an excellent food to meet the new needs of markets. For particular properties: (1) For the puffy products with toughness and brittleness: Microwave can improve the gel property of protein and reduce the viscosity, expansion, and gelatinization of starch to meet these goals. (2) For products that need foam, such as cake, bread and ice cream: Microwave can help produce the desired results.

(3) For the low sugar products that diabetics and dieters require: Microwave can increase the resistant starch content to reach these targets. (4) For the easily oxidized products: Microwave can increase the antioxidant activity of some components and reduce body damage caused by peroxidation. (5) For emulsified products: Microwave can increase the stability of emulsified food and prevent the flocculation of ingredients. (6) For persons who have specific amino acid requirements: The microwave can boost the quantity of certain specific amino acids in food.

(7) For allergy sufferers: Microwave can reduce the allergenicity of their meals. At the same time, there are no safety concerns with microwave-processed foods, and more flavor and small molecular nutrients such as vitamins and minerals have been preserved. These evidences demonstrate that the microwave can replace traditional food processing processes. [www.frontiersin.org/.../full](http://www.frontiersin.org/.../full) "(2022)

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## Luvvy

Hi Gui! This article is a good discussion of 2 of the most unnatural ingredients in our modern kitchens: plastics and microwaves. As i read this , I pictured the new mothers who microwaved their newborn babies milk in those plastic pouches. For many it will be ingesting microplastics from cradle to grave. It's a truly disturbing thought for people like us, who prefer to honour nature and live in a natural way. Here's hoping we can figure out a way to purge the plastic, and ultimately stay healthy. God bless.

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## Guillermou

Dear Luvvy before everything natural. I remember that in primary school at recess they gave us powdered milk that was horrible. It was surely a trigger for the acute joint rheumatism that he suffered at the age of 14. This article carries out an analysis of 28 studies that carry out an LCA of food products. For the majority of the 13 environmental indicators reported, plastic packaging is responsible for less than 10% of the total life cycle pollutant emissions of 23 of the 30 foods studied. Relative emissions from packaging tend to be higher for liquids and food products packaged in small quantities. To make the LCA results more accessible to non-scientific audiences, this study compares the results with a reference value of emissions from vehicle travel.

The environmental impact caused by packaging from annual per capita food consumption resulted in annual beverage consumption being responsible for the impact equivalent to 76 miles of driving. The driving factors that affect the design and production of materials and the design of completely bio-based packaging must be analyzed, considering the minimization and revaluation of by-products and waste, recyclability, biodegradability and other possible end-of-life and their impact. in the sustainability of the product/packaging system.

[www.sciencedirect.com/science/article/abs/pii/S0921344922000040](http://www.sciencedirect.com/science/article/abs/pii/S0921344922000040) (2022).----

[www.mdpi.com/.../1057](http://www.mdpi.com/.../1057) (2023).----

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## **balancedaviannut**

Microwaves also destroy nutrients. Best to avoid using them, Period.

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## **petrafeldy**

Yes. A friend of mine worked in a lab in the early 80ties. They compared the counts of enzymes still alive after cooking in microwave versus electric stove, gas stove, or over fire. Microwave - zero enzymes. electric stove a little better, gas stove - much better, fire - best. Didn't see the exact numbers. Her account was good enough for me. Never owned a microwave.

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## **LSquare**

Is there any safe medium in which one can cook food via sous vide, or is every plastic unsafe and unstable? Sous vide generally uses lower temperatures than microwaves, often below 190F, but for extended periods. Supposedly, ziploc bags that are advertised as, ha ha, "microwave-safe" are safe from breakdown when used for sous vide.

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## grulla

I always simmer my 3 eggs every morning for about 13-15 minutes in a COVERED (for heat uniformity) stainless steel pan, carefully with CCO and a minimal tiny gas flame, as there is no pilot light. And the flame can blow out on a windy day if the kitchen window is open. Adele Davis' 24 hour slow roasting procedure s also considered cooking low 'n slow in her cookbook, "Let's Cook it Right". Have you considered glass canning jars (if they will fit in your MW oven), with glass covered lids and the metallic baling handles and any toxic gaskets removed. Or try a ceramic bowl with a ceramic dish for a lid??? But be reminded that MW ovens, especially in prolonged use, can be detrimental to the nutritional quality of your foods. [www.startpage.com/do/dsearch?q=sous+vide&cat=web&language=engl..](http://www.startpage.com/do/dsearch?q=sous+vide&cat=web&language=engl..)

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## airsurfer

microwaving sterilizes, which means kill. Microwaving kills any nutritional value your food has (and also the parts of your body closest to it during digestion), depending on how long you microwave it. It's nonsense that the heating is only caused by water molecules. EVERYTHING gets microwaved/irradiated. Just do NOT use the microwave for a week or two, and observe the beneficial effects on your gut and health. (but then again, if you microwave for speed, then you might switch to other fast 'food' which will probably be no good either and might already have been microwaved by the manufacturer for a longer shelf life, as living food is supposed to rot)

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## MASONMANNIX

Now that I am retired, I haven't used a microwave oven for heating food since 2019! Mercola.com had an article on this a few years ago. Those microwaves distort the DNA of the food product being warmed/cooked. I have one in my apartment but now only use it to warm up caulk. It only takes 10 seconds.

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## MASONMANNIX

NOTE: Unfortunately, when I moved a few years ago I tossed all 200+ of the mercola articles I had printed off over the years on nuking food!

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## Antoninpius

Instead of using a microwave to heat things like rice in a plastic pouch, would these plastic compounds still transfer to the food if you placed the pouch in boiling water instead?

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## grulla

"This is because when you cook your food in microwaveable plastics, toxic chemicals can migrate to your food." In a similar vein, in old time vacuum tube electronics, this is known as thermionic emissions.

[www.britannica.com/.../thermionic-emission](http://www.britannica.com/.../thermionic-emission)

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