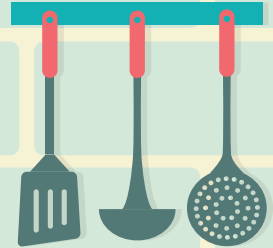
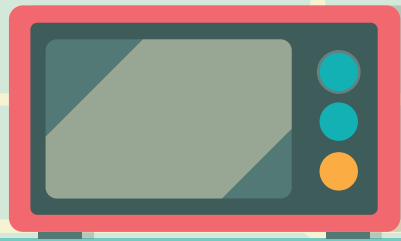


Do microwaves help or harm?

Microwave ovens provide one of the most easy and convenient ways to prepare or reheat food, but for all the benefits they provide, there are some drawbacks.

What are the pros and cons of microwave cooking?



Benefits

- Studies show that microwaving vegetables is one of the best ways to **preserve their antioxidants**.
- Food cooked in a microwave is just as **healthy and safe** as food cooked in an oven.
- Microwaves use **80% less energy** than conventional ovens.
- Microwaves have **shorter cook times**, which means meals get to the table quicker.

vs.

Drawbacks

- Microwaves cook with less heat in less time, which may mean **less bacteria is killed**.
- While microwaves have a defrost function, they're **not ideal for defrosting meats** as they don't heat evenly.
- Food cooked in a microwave with a rotation feature can still have "hot and cold spots" and **may not cook all the way through**, leading to the spread of bacteria.
- **Many materials are not microwave safe**, including metals, plastics and foams.