



## **Kitchen smokes may cause lung cancer. But TAICHI project has a solution**

**Indoor air pollution from cooking fumes is associated with lung cancer, studies show. The TAICHI project experts give advice how to reduce health risks for your family.**

Kitchen smokes are heavily saturated with harmful particles. Long-time exposure to such environment can cause many health problems, including lung cancer, according to recent scientific research from the Netherlands Organisation for Applied Scientific Research (TNO). Other studies illustrate that staying in a heavily smoke-filled kitchen for 30 mins equals to smoking half pack of cigarettes. To reduce health risks for your family, follow these recommendations by the TAICHI project experts:

- **Choose cooking oil with high smoke point**

Smoke point is the temperature at which oil starts smoking and burning. Thanks to its smoke point up to 210 C, extra virgin olive oil can withstand high temperatures, which makes it a safe and healthy cooking oil for stir-frying and deep-frying methods popular in Chinese cuisine.

- **Use a non-stick or teflon pan**

A frying pan with good thermal conductivity and a non-stick coating is the best way to prevent food from burning. Burnt surfaces of some vegetables, such as zucchini, may contain harmful carcinogens. Moreover, using a non-stick pan has an apparent advantage of easy cleaning after use.

- **First heat the pan then pour in cooking oil**

When cooking with olive oil, it is recommended to first heat the pan, then throw in some oil and immediately start the cooking process. By doing so, you can effectively avoid the heavy smokes in the kitchen.

- **Remember to ventilate your kitchen**

In rural China, people have been living in houses with poor kitchen ventilation for decades, which increases the risk of respiratory diseases and lung cancer. So, remember to ventilate your kitchen every time during and after cooking.

These simple solutions will significantly reduce the amount of harmful smoke in your kitchen and protect your family's health.

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