

約翰霍浦金斯醫院發佈的癌症訊息

1. No plastic containers in microwave.

微波爐不得用塑膠容器

2. No water bottles in freezer.

冷凍室內不得放水瓶

3. No plastic wrap in microwave.

微波爐內不得用塑料包覆膜

3Johns Hopkins has recently sent this out in its Newsletters (June 2006). This information is being circulated at Walter Reed Army Medical Center.

約翰霍浦金斯醫院最近在其新聞發佈佈稿中透露了上述訊息。此訊息也正在華特里德陸軍醫學中心流傳著。

4.Dioxin chemicals causes cancer, especially breast cancer.

戴奧辛化學品致癌，尤其是乳腺癌。

5.Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic.

戴奧辛對人體細胞毒性極高。不要將你的裝了水的塑膠瓶予以冷凍，因為如此則塑膠會釋出戴奧辛。

6.Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us.

卡索醫院保健計畫的主持人藤本愛德華醫生，最近上電視解釋此項對健康之危害。他談到了戴奧辛，以及其為何對我們有危害。

7.He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body.

他說我們不應該，以塑膠容器裝食物，用微波爐來加熱。此法則也適用於含脂肪的食物，他說脂肪、高熱與塑膠之綜合，會釋出戴奧辛進入食物中，最後則進入人體細胞內。

8.Instead, he recommends using glass, Corning Ware or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc.

他建議給食物加熱時，要用玻璃、康寧鍋或陶瓷容器來裝。你得到的結果是一樣的，只是沒了戴奧辛。所以類似電視速食餐、生力麵、速食湯等，需將內容物取出，放入其它容器，再行加熱。紙器並不壞，但是你也不知道，其中含有什麼。使用處理過的玻璃、康寧鍋等，還是安全一些。

9..He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

他提醒我們，不久前速食快餐店，停用塑料發泡容器改用紙器。戴奧辛問題，即為其中原因之一。

10.Also, he pointed out that Saran wrap is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food.

此外，他指出塑膠膜若包裹食物放入微波爐中烹煮，也是同業的危害。由於食物是裸露的，高熱會讓有毒性的戴奧辛，自塑料包裹膜中熔出，而滴入食物。

11.Cover food with a paper towel instead.

代用法是用紙巾覆蓋食物。