VITALS VAULT

FREE GUIDE

The kitchen swap ladder

You do not need to replace your whole kitchen. This ladder puts the free fixes first and the costly swaps last, so you start with the changes that matter most.

CLIMB ONE RUNG AT A TIME

Rung	What to do
1: Free	Retire scratched non-stick pans and cloudy plastic. Stop microwaving plastic.
2: Low cost	Use wood or bamboo utensils, glass storage and drip or press coffee instead of pods.
3: Bigger	Move to stainless, cast iron or oven-safe glass pans and lead-free ceramic dishes.

TICK EACH SWAP YOU HAVE MADE

- [ ] Scratched non-stick pan retired
- [ ] Cloudy plastic bin retired
- [ ] No plastic in the microwave
- [ ] Plastics washed by hand
- [ ] Bottles kept out of hot cars
- [ ] Wood or bamboo utensils
- [ ] Glass food storage
- [ ] Drip or press coffee
- [ ] Glass or wax wrap
- [ ] Lead-free ceramic dishes
- [ ] Stainless or cast iron pan
- [ ] Glass blender jar

HONEST LIMIT

The links to health come from observational studies, and the swaps are low cost and low risk. Never wash polycarbonate plastic at 176 F (80 C) or above. People with high iron levels should ask before using cast iron.

QUESTIONS TO ASK

- [ ] Does my iron level mean I should avoid cast iron?
- [ ] Is there a test that fits my exposure worries?
- [ ] Should I check anything on my labs, such as thyroid or blood sugar?
- [ ] Which swaps are the most worthwhile for me?

Sources: Practical swaps from a kitchenware handout. Findings on plastics and non-stick coatings are associations, not proof of harm. Our own ladder.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com