



# THE ROAD TO HEALTH & WELLNESS

## HEALTH TOPIC OF THE WEEK

### 2/5 - Kitchen Gadgets...Gimmick or Good Buy?

#### Introduction

Kitchen tools have been used since ancient times to prepare and cook food. Much like exercise equipment, kitchen gadgets have proliferated over time. The question is, will they help you succeed with your cooking and healthy eating goals?



If you have ever had the desire to streamline cooking, you probably have a kitchen full of gadgets. A quick search will bring up hundreds of websites reviewing the best and worst paraphernalia. You can find anything from banana slicers, mango de-stoners, two-tone icing bags to devices that cook your eggs into strange shapes.



How should you spend your time, energy and money? What will you do on a regular basis as part of healthy eating? Is there something that will legitimately help you make it a habit? EPT has the answers. Let us help you make wise investments in your health.

When it comes to improving your nutrition, is it about the gadgets or mindset?

#### Tried and True

Some of the best tools in the kitchen are also the oldest. Mortar and pestles are over 10,000 years old and still hold relevance for crushing herbs and spices. Cheese graters, strainers or colanders, steamers and frying pans also date back to Roman times and remain a kitchen staple. The balloon whisk, which dates back to Italy in the sixteenth century, remains highly useful for mixing and aerating.



The Victorian era brought a surge of kitchen innovations driven by celebrity chefs in high society but trickled down to middle-class families by the late 1800s. The early to mid-20th century brought popular electric gadgets like the Kenwood stand mixer.



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## Modern Marvels

Incorporating vegetables is key to improve nutrition. Vegetable peelers are a great tool for cleaning and making thin slices for steaming or stir frying. The safer easy- to- use versions that leave your fingers intact came out of the 1990s.



Advances in technology have produced many smart gadgets and appliances. You can now have a portable blender for shakes that easily fits in your bag, use Bluetooth thermometers with app tracking and alerts, and have small digital food scales in your drawer. Buying gadgets with all the bells and whistles is very tempting, but stop to consider whether the purchase will improve your nutrition.

## Practical and Pragmatic

The first step in the journey is to focus on the internal rather than the external. No new gadget will help you at all if you have not committed to a practical approach to healthier eating. That's where we come in! Our Sustainable Nutrition services help you learn about proper nutrition and practical application.



If you are already on this journey and armed with solid nutrition knowledge, then and only then will technology help you. Useful gadgets for the home cook will be different for everyone. For example, if you make high fiber protein and fruit shakes daily, a blender or travel blender might help save you time. Slow cookers and crockpots are helpful for cooking meals at home and in large quantities that can be frozen. If you are moving to healthier sweet snacks like fruit, a frozen fruit gadget like the Yonanas is a great option. If you are interested in cooking in general, invest time in a good chef knife and learn proper knife skills. This will take you farther than any crazy slap chopping gadget.

## Key Points

In summary, there are tons of gadgets and gizmos out there. Focus on the internal changes you need to commit to for healthier eating rather than relying on external gadgets. The journey to health is complex. We are here to partner with you on exercise and nutrition. Investing in your health pays big dividends!



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