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## Aluminum and cast iron pots

Posted by jeffmenzies - 2009/06/18 08:15

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Hi there, What are your thoughts on aluminum and cast iron pots? Does anyone have a source in Guyana or Trinidad for them? I am in the market.

Jeff

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## Re:Aluminum and cast iron pots

Posted by Shelly - 2009/07/12 10:25

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Hi Jeff. Here are my two cents on the aluminum vs. cast iron pots. A while back someone sent me an article that discussed the link between aluminum (found in cookware, deodorant,etc) and the development of alzheimer's. Since then, I have cleaned my cupboards of aluminum pots and pans. Although aluminum has the advantage of being lightweight and cheaper, a cast iron pot/pan will last you a lifetime! Alternatively, I use stainless steel pots and the non-stick coated pans. I hope this helps.

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