

MEC's No Lead, No Cadmium Dinnerware, Made in the USA

Why take the risk of lead, cadmium, and the other chemicals from dishes compromising you and your family's health?



Dedham, Massachusetts Jan 27, 2022 ([Issuewire.com](https://www.issuewire.com)) - MEC's (Miriams Earthen Cookware) lead-free dinnerware is a safe alternative to glazed cups, bowls, and plates available in the market. This US-based company individually handcrafts each piece and uses only primary clay as the raw material.

Why Should You Look for No Lead Dishes?

Lead has been an ever-present concern, given how it harms the human body, even in trace amounts. Its exposure and ingestion cause serious health issues related to the brain and nervous system, especially among children. Besides lead, dinnerware can also contain cadmium, as well as other heavy metals and harmful chemicals that make it potentially toxic to the food it contains.

In recent years, many healthy cooks have started cooking their favorite recipes using non-toxic cookware, but most of them may overlook the health effects of dishes used to serve food. As food is mostly served hot on these dinnerware pieces, their materials are as likely to leach as cookware does!

If you are looking to buy new cups, bowls, and plates for your own home, how can you be sure your new dinnerware set has no lead (or anything else)? Here is a guide on how to find consistently lead-free dishes, for the best home safety.

Tips to Choose the Safest No Lead, No Cadmium Dinnerware

When looking for a new dinnerware set, it is usual for people to choose these colorful, shiny, and glossy-finished varieties (like bone China); because we are used to believing that these are signs of superior quality. But unfortunately, these are exactly the varieties one must avoid, because their "beauty" comes from excessive use of glazes that contain toxic chemicals and heavy metals.

These colored glazes used in ceramic dinnerware are exactly what may contain heavy metals like lead, cadmium, and toxic chemicals. It is better to choose the dishes that are made from a pure raw material without glazes, and preferably avoid the imported ones – because there is usually no way to know their actual composition. If you stumble upon any lead-safe or lead-free dinnerware brands, it is good to look for test results to ensure there is absolutely no lead, instead of lead present at 'safe levels'.

Like ceramics, some other materials also come with their own risks and must be avoided. For instance, glass dishes also can contain lead or cadmium, and they are usually refined with petalite (an ore of lithium). Lithium is another metal with toxic effects on body functions if ingested ([learn more](#))! Similarly, plastic dishes are a big NO too because these are heavily treated with chemicals, leach even more easily, and are devastating for the environment.

Is there a way to identify lead-free dishes?

Unfortunately, there is no way to tell if a dish is lead-free just by looking at it. The best anyone can do is avoid the ones that look glazed. The only reliable way is to get it tested, or to choose one that comes pre-tested. Obviously, it can be impractical and expensive to send every piece of dinnerware to a testing lab right after you buy it, so the only reasonable option is to do proper research to choose a brand that offers truly lead-free dinnerware-backed by test results.

Thankfully, you can buy a brand of dinnerware that is completely non-toxic without any of these harmful materials.

The Healthiest Dishes that Have no Lead, Guaranteed

If you are looking for the healthiest dishes that are guaranteed to have no lead, cadmium, or other toxins, look no further. Miriam's Earthen Cookware (MEC) offers a great range of dinnerware made from lab-tested primary clay without additives, chemicals, or glazes – made in the USA. Their handmade cups, bowls, and other products make a great set of truly lead-free dinnerware for your kitchen table.

There are no synthetic colors or finishes used while making these, which also means there is no toxic waste released during the making. After firing, they take the natural reddish hue of fired clay which is another proof of MEC being made from pure clay, besides the test results that are publicly displayed on their website [here](#). When fully seasoned, the products will deepen in hue.

Knowing how lead, cadmium, and the other chemicals in many dishes can compromise your and your family's health by leaching into your food, why take the risk with another dishware? [MEC](#) offers fully non-toxic dinnerware sets for your kitchen table without any toxins whatsoever, tested, and certified!



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