The Pervasive Problem of Plastics in Your Food

Reviewed by Dr. Joseph Mercola

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STORY AT-A-GLANCE

- A Consumer Reports investigation into plastic-processed foods, which are chemicals widely used in food packaging, found that the contaminants in 84 out of 90 food and beverage products tested
- Bisphenol A (BPA) was found in 77% of the samples, which included fruits, vegetables, milk, meat, seafood, baby food and infant formula and was detected in every food tested except one
- The product with the most pollutants was Annie's Organic Cheesy Ravioli, with 53,270 nanograms per serving. Del Monte sliced pineapple and Chobani of the Day plain yellow food the next highest levels
- Pollutants other than bisphenols, including epichlorohydrin, phthalates, perfluoroalkyl and polyfluoroalkyl substances (PFAS) and bisphenols were also found
- Plastics contain thousands many contributors to multiple health problems, including diabetes, obesity, cardiovascular disease, certain cancers, birth defects, premature birth, neurodevelopmental disorders and infertility

There's a good chance you're eating plastic with virtually every meal, according to sobering findings from a Consumer Reports investigation into plastic-processed foods, which are chemicals widely used to make plastics. Bisphenol A (BPA) was found in 77% of the samples, which included fruits, vegetables, milk, meat, seafood, baby food and more. All of the food and beverage products tested, except one, contained BPA.

Perhaps most disconcerting, there was no rhyme or reason to the amount of plastic chemicals hiding in foods. Certain products, such as meat, cereal or peanut butter, appeared to be cleaner — if, even contaminated with plastic. Further, while fruit packaging is part of the problem, it's far from the only one. The human health implications of eating all this plastic are unprecedented.

84 of 85 Foods Contaminated With Plastic Chemicals

Consumer reports tested 90 foods, using two or three samples of each, for bisphenols and phthalates, well known endocrine-disrupting chemicals. Bisphenol A (BPA) was found in 77% of the samples, which included fruits, vegetables, milk, meat, seafood, baby food and more. All of the food and beverage products tested except one contained BPA. The product with the most pollutants and pesticides and paperboard.

Cereals and BPA were "barely lower" than levels detected in other foods in 2019, "suggesting that we are at least now by a light direction or displacement," James E. Rogers, Ph.D., who conducts food safety testing at Consumer Reports, said in a news release. "This wasn't the case for pollutants, however, which were detected in every product tested except for the meat and seafood."

The product with the most pollutants was Annie's Organic Cheesy Ravioli, with 53,270 nanograms per serving. Other products with high levels of BPA included Del Monte sliced pineapple, Chobani of the Day plain yellow food, Gerber Cheesy Ravioli, Marzetti crispy chicken nuggets and Trader Joe's Pumpkin Protein Milk Shake were among the other tested foods with notable levels of phthalates.

While none of the products tested contained PFA or phthalates, it stands that contaminants, not in the U.S. and Europe, they are an indicator of safety. "Perhaps and food packaging do not reflect the most current scientific knowledge, and may not protect against all the potential health effects," Carole Hitzman, a Consumer Reports scientist who oversaw the tests, said. "We don't feel comfortable saying these levels are OK. They're not."

Consumer Reports also tested 15 foods, using two or three samples of each, for bisphenols and phthalates, well known endocrine-disrupting chemicals. Bisphenol A (BPA) was found in 77% of the samples, which included fruits, vegetables, milk, meat, seafood, baby food and more. All of the food and beverage products tested except one contained BPA. The product with the most pollutants and paperboard.

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How Are Plastic Chemicals Getting to Your Food?

Food packaging has received considerable attention for its role in contaminating the food supply. Indeed, bisphenols are common in the lining of metal cans, while plasticizers are widely used in plastic wraps, jugs and other packaging. However, part of what makes the plastic problem so pervasive is that exposure occurs at each step of the food manufacturing process — starting on the farm.

Black plastic, sometimes referred to as plastic mulch, is a primary method of weed control for organic farmers. According to Consumer Reports, "Farmers place the black plastic on the ground and weeds can't penetrate the plastic, which also prevents sunlight from hitting the ground and stimulating the growth of weeds. But plastic mulch may be pitched back into the farlor or in added to landfills as more plastic mulch.

Plastic debris can contaminate water and soil over landfills, while burning plastic waste causes the chemicals to be released into the air. Microplastics from plastic trash end up in the environment and plants can uptake plasticizers from the soil, as can animals, which consume plastics in their food. Even farm workers, processing foods are exposed to another round of plastics, Consumer Reports notes, including via:

- Pasteurization, during which high temperatures may speed up leaching
- Food glues, which may contain more than one third plasticizers
- Plastic tubing, used for milk and oils
- Conveyor belts, which are often plasticized

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Plastics Are Widespread in Human Blood

It's estimated that 11 million tons of plastic waste enter the world's oceans annually — an amount that could nearly triple by 2040, to 29 million metric tonnes per year. What's the end result of a plastic world, complete with plastic food? Your blood may now be polluted with plastic. A study in the Proceedings of the National Academy of Sciences, finding plastic particles in 17 — a rate of 21%.

They used the term "plastic particles" to describe particles ≥700 nanometers in dimension, a size that can be observed using microscopes. The smallest particle detected in the study was 0.26 nm, or less than a nanometer. Nanometer of particle size is a measure of the mass concentration of the polymers component of plastic in human blood.

Some of the blood samples contained up to three different types of plastic, steel springs needles and glass tubes were used to collect samples would be introduced to the samples. Accurate measurements of particle size and number of particles are important for conducting a human health risk assessment. Further, the study, which was Orebro, is under to determine the health consequences of plastics accumulating in the human body.

Previous studies have detected micro-sized plastic particles in human feces, providing evidence that such particles travel through the gastrointestinal tract. Plastic particles have also been found in cerebrovascular specimens from humans as well as in human placental tissue. • Out of the 17 samples in which plastic particles were detected.[1]

- Half contained polyethylene terephthalate (PET) plastic, which is used to make plastic water and soda bottles
- One-third contained polystyrene, widely used in food packaging
- One-quarter contained polyethylene, which is used to make plastic bags

Disturbingly, researchers have even found PFAS in mesenchyme samples, which is a baby's first tissue. PFAS are known as "forever chemicals" because they don't break down in the environment. Which have unexpected and no other factor samples were detected in 15 patients, including in the following:[2]

- Bile (particularly, the membrane enclosing the liquid
- Bile epicardial adipose tissues, in fat in the heart
- 11 pericardial adipose tissues, or outer fat accumulation in the heart
- Three myocardial, or muscular heart tissue
- Five left atrial appendages, which are small pouches in the heart's left chamber

In seven additional cases, microplastic were found in pre- and postoperative blood samples. • Most tissue samples contained two to thousands of microplastic pieces, which the study concluded "cannot be attributed to accidental exposure during surgery, providing direct evidence of microplastics in samples undergoing cardiac surgery."

Meanwhile, animal studies show nanoplastics can end up in the brain after being inhaled, where they can cause damage to the olfactory bulb. Nanoplastics can also cross the placenta and damage the brains just four days after the mice had ingested drinking water containing plastics.[3] It's possible the plastic particles could contribute to inflammation, neurological disorders or neurodegenerative diseases like Alzheimer's and Parkinson's, according to the researchers.[4]

What Are the Health Risks of Plasticizers?

An estimated 8.3 million metric tons of plasticizers, including phthalates, are used worldwide each year,[5] with phthalate production amounting to about 6 million metric tons annually. Exposure is widespread that a study by University of Newcastle, Australia, researchers revealed that the average adult could be eating about 5 grams of plastic per week — about the weight of a credit card.[6]

While the ramifications are unknown, endocrine-disrupting chemicals may contribute to multiple health problems, including diabetes, obesity, cardiovascular disease, certain cancers, birth defects, premature birth, neurodevelopmental disorders and infertility.[7] Phthalate syndrome, which refers to the health effects associated with phthalate exposure, "underscores that these non-monotonic endocrine disruptors in plasticizers is done," to another list.

Even at low levels — those well below "safety" limits set by the U.S. and European regulators — the phthalate DEHP has been linked to insulin resistance, high blood pressure, and decreased reproductive issues. • And according to Consumer Reports, DEHP was the most common phthalate found in these investigations.

One silver lining is that phthalates have gone your body quickly, in a matter of four to six hours, after exposure. • They're pesticides chemicals — unlike other toxins like Bisphenol A, that lead. Unfortunately, they're so widespread that your body faces a constant barrage of exposure, making permanent elimination difficult.

What's the Best Way to Limit Your Exposure to Plasticizers?

The best way to limit exposure to plasticizers, including phthalates, is to avoid plastic — and not just when you can. Some steps are easy, like swapping plastic baby bottles, shoes, utensils and food containers for more durable, reusable options. You'll also want to limit your exposure to plastic wraps, plastic food and food cans and phosphorescent foods, and choose those with minimal natural packaging or free packaging instead.

You should also filter your drinking water and be mindful of the materials you use in your home. Vinyl flooring, for example, is made from polyvinyl chloride and may release phthalates into the air and household dust, which is often contaminated. Personal care products are another source of exposure, so choose fragrance-free cosmetics, as well as natural cleansers to eliminate exposure to plasticizers wherever possible.

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The space between your meatball cells is soaked by what's known as high particles. However, if these particles fail, unwanted substances can slip through and cause digestive distress. Help your digestion and gut health with this delicious blend. Kettle And Complex tackle your digestive support for other functions, like your immune system. Order your supply today.

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Nanoplastics pose a greater threat because their size allows them to cross the placenta and the blood-brain barrier. Transfer of nanoplastics from the placenta to the fetal circulation has been confirmed, with potential implications for fetal neurodevelopment. The long-term effects are still being studied, but they include the induction of oxidative stress through the production of reactive oxygen species leading the inflammatory reaction, which may lead to cancerous effects. Ingesting microplastics can alter energy balance, potentially affecting weight gain and metabolic health. Microplastics can act as vectors for pathogens, potentially facilitating the transmission of diseases. The presence of plastic particles in the placenta and fetal tissues has been confirmed and the consequences of this are still being investigated.

Microplastics can release harmful chemicals such as bisphenol A, PCBs, PAHs, chlorinated paraffins, and phthalates, which can subsequently be absorbed by organisms, affecting their health and up to endocrine disruptions. Nanoplastics also generate reactive oxygen species (ROS) and cause inflammation, potentially leading to cancer. Nanoplastics can also act as vectors for pathogens, potentially facilitating the transmission of diseases. Although the extension extent of damage and all potential pure DNA consequences are still being investigated.

To make the US media more accessible to non-scientific audiences, the study compares the results with a reference value of emissions from vehicles. The environmental impact caused by packaging from annual per capita consumption is less than the environmental impact of daily vehicle travel per capita for most food products analyzed, although annual beverage consumption exceeds annual vehicle travel in some cases.

In milks of all kinds, the packaging has a greater effect than the production and transportation of the beverage (if considering the impact of the beverage only, packaging the information and production of ingredients and transports, respectively, incorporating the impact of the packaging, the impact of the beverage is greater than the impact of the packaging).

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janicees
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So, sorry Friend sting on a wrong - as a little little bacteria had to wish that a bacte is bacte even! Which by to take a bite out of a bacte! Bacteria are the ones that make the food we eat, the air we breathe, the water we drink, the soil we grow our food in. Bacteria are the ones that make our bodies or our bodies or bacte or bacte and bacte and bacte and

Who do we believe? You cannot believe hard. You cannot expect those who made enhance you to defend your liberty. It is not the grocer's responsibility to see to it that you are fed. There will be many more things you must do for yourself. You need to pursue many solutions on your own, however difficult or inconvenient it may be to take charge of your life.

Individual responsibility is necessary. What if each of our households became more self-reliant? Healthier? Smarter? More frugal with more disposable income? Part of a neighbor-helping-neighbor and bartering without needing cash? What if we simply did not need big govt or high taxes? What if many govt bureaucrats could no longer justify their employment because they were no longer needed? What if there was attrition in govt rather than ever-increasing expansion. Self-reliance is a tool we can use to restore our liberty if enough people act.

Mark as Spam | Posted On 1/22/2024 1:51:34 AM

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dljc99
Joined On 12/6/2010 7:56:30 AM
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So many people seem unaware of this issue. Granted it is difficult to avoid and is almost impossible. Much to my husband's chagrin i threw out all plastic containers years ago and bought glass. Storage was an issue but I didn't care. But that is just one small step. Everything packaged has some plastic. Expensive "fresh" dog foods come tightly wrapped in plastic. farmers Dog is an example. No one seems to care. I just lost my 15 year old dog and I am trying to just be grateful that he lived that long. Cookware is another issue. Top selling brands say Pfoa free but that is only one problem with non stick cookware. I am wondering what other detox agents we can try. Chlorella? I gave that to my dog daily.

Reply | Mark as Spam | Posted On 1/22/2024 7:49:22 AM

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warriormom
Joined On 10/2/2008 3:08:00 PM
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Is avoidance the only way out? Has anyone come up with a way to detox the microplastics yet?

Reply | Mark as Spam | Posted On 1/22/2024 5:22:13 AM

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meehan2661
Joined On 1/12/2011 10:08:58 AM
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This helped me. I posted this recently. After doing a tox screen I was shocked to learn my glyphosate levels and bpa levels were through the roof. How can that be? We eat organic for ten years. Obviously it's in your food and water. I have a whole house filter now along with a daily detox of this item. I'm not promoting it but it works. Quest just came out with a bpa urine test and my levels are now undetectable. I am told it gets rid of glyphosate also. Glycine supplementation wasn't enough. We can't live everyday life without being poisoned. globalhealing.com/collections/detox/products/heavy-metal-chemical-clea..

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mer4090
Joined On 10/28/2021 9:36:09 PM
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I can tell you one way we ingest plastic. I was driving along, middle of nowhere, saw a calf out in a field that was eating a large, clear, empty plastic bag. Give that some thought...

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bgrizwald
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what is the one item that didn't have the plastic in it? thanks

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rls4593
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article states of those tested, the one that did not have plastics was Polar Rasberry Lime Seltzer.

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Lou321
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We are done for.

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grulla
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The plastic product that has always concerned me is LEGOs. sustainabilitynook.com/can-you-recycle-legos

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Segstar
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Oh crap grulla while scrolling on my phone I accidentally hit the dislike button..Lo siento...

Mark as Spam | Posted On 1/22/2024 6:55:49 PM

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grulla
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"While scrolling on your phone", or sipping too much of your wine??? lol

Mark as Spam | Posted On 1/23/2024 11:22:13 AM

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MASONMANNIX
Joined On 11/29/2012 9:14:59 AM
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Every time an article is published on this topic it seems like this situation gets more and more disturbing! Plastics are everywhere and just plain hard to avoid. Seems like all we can do is limit our exposure where possible.

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