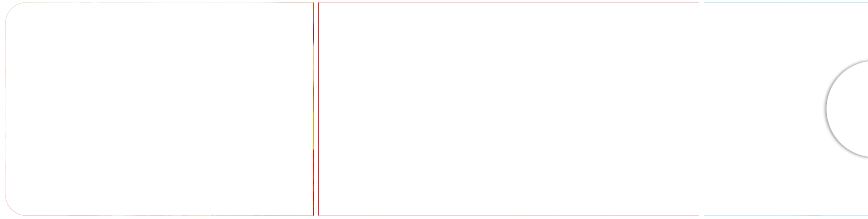


What chemicals in food containers harm human reproduction



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AI Overview



Chemicals like **Bisphenol A (BPA)**, **phthalates**, and **per- and polyfluoroalkyl substances (PFAS)** are found in food containers and have been linked to harm human reproduction by disrupting hormones, potentially causing infertility, developmental issues, and miscarriages. These chemicals can leach from plastic, paper, and other packaging materials into food, especially when heated or in contact with acidic or fatty foods. [↗](#)

Key Chemicals and Their Effects

- **Bisphenol A (BPA):** Used in hard plastics and as a lining for some metal food cans. It can mimic the hormone estrogen, leading to imbalances that impact reproductive health. Exposure to BPA has been associated with infertility and developmental problems. [↗](#)
- **Phthalates:** Added to make plastics flexible and are used in plastic food wrap, jar lids, and paper packaging. They are endocrine disruptors linked to decreased fertility, hormonal disruption, and issues with reproductive organ development in males. [↗](#)
- **Per- and polyfluoroalkyl substances (PFAS):** Found in water-repellent and stain-resistant food packaging, such as popcorn bags. Exposure to some PFAS has been linked to reduced fertility and adverse fetal development. [↗](#)

How Exposure Occurs [↗](#)

- **Leaching from Containers:** These chemicals can leach from plastic containers, food can linings, and paper products into your food.
- **Heating Food:** Microwaving food in plastic containers can increase the release of microplastics and associated chemicals.
- **Contact with Foods:** Leaching is more likely when food is hot, fatty, or acidic.

What You Can Do

- **Avoid heating food in plastic:** Use glass or ceramic containers when heating food. [↗](#)
- **Look for alternatives:** Choose glass bottles and containers over plastic, especially for children. [↗](#)
- **Reduce processed and packaged foods:** These foods often contain higher levels of leached chemicals. [↗](#)
- **Be mindful of packaging types:** Some paper and paperboard packaging, inks, and adhesives can contain these chemicals. [↗](#)

Food Packaging Chemicals - Breast Cancer Prevention Partners

Phthalates. Exposure to phthalates is linked to breast cancer, developmental issues, decreased fertility, obesity, and asthma. Com...

 Breast Cancer Prevention Partners [↗](#)

I'm a Microplastics Researcher. Here's How To Limit Their Dangers
Feb 27, 2024 — Why are microplastics bad for us? Chemicals like BPA, phthalates and PFAS can mimic human hormones, the body's chemica...

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Endocrine-Disrupting Chemicals & Reproductive Health - PMC

Perfluorinated Compounds. Yet another group of chemicals suspected to have reproductive effects are the perfluorinated compounds (

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Food packaging and endocrine disruptors - PMC

by LCP de Paula · 2023 · Cited by 26 — **Bisphenols and phthalates** are the endocrine disruptors most frequently associated with food contamination from packaging.

People also ask

- What chemicals are in food packaging that are human exposed to?
- How does BPA affect reproduction?
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Food Packaging Chemicals

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 Poison Control
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BPA and the Controversy about Plastic Food Containers

by B Substances — After evaluating hundreds of studies, NTP noted that enough studies point to effects of BPA on the brain, reproductive tracts, and behavior to raise concerns ...

 Mayo Clinic
<https://www.mayoclinic.org/bpa/faq-20058331>

What is BPA? Should I be worried about it?

Exposure to **BPA** is a concern because of the possible health effects on the brain and prostate gland of fetuses, infants and children. It can also affect ...

 National Center for Health Research
<https://www.center4research.org/plastic-wrap-plastic-fo...>

Are Dangerous Chemicals Getting into Your Food from ...

When **phthalates**, **PFAS**, and **BPA** get into our bodies, they affect hormones like estrogen or testosterone.⁴⁵These chemicals, and others, are known as endocrine ...

 University of California
<https://www.universityofcalifornia.edu/news/im-mic...>

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Mar 7, 2024 — Chemicals like **BPA**, **phthalates** and **PFAS** can mimic human hormones, the body's chemical messengers controlling processes like reproduction, growth ...

 Food Packaging Forum
<https://foodpackagingforum.org/NewsArticles>

Report finds harmful chemicals widespread in packaged ...

Jan 16, 2024 — The study found that **bisphenol A (BPA, 80-05-7)** and **phthalates** are widespread in processed and packaged foods, even those labeled as organic.
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 Harvard Gazette
<https://news.harvard.edu/gazette/story/2020/01>

DNA damage linked to plastic additive

Jan 9, 2020 — New findings shed light as to how **DEHP, a common chemical in plastic**, may impact human reproductive health.

 Consumer Reports
<https://www.consumerreports.org/how-plastic-can-har...>

How Plastic Can Harm Your Health

Jan 18, 2024 — CR's recent tests of nearly 100 foods found two types of chemicals used in plastic, **bisphenols and phthalates**, in a wide variety of packaged ...

 Tennessee Reproductive Medicine
<https://trmbaby.com/Blog/Infertility&Health>

Plastics' Endocrine Disruptors & Fertility | TRM | Chattanooga

Nov 4, 2021 — **Phthalates**, **bisphenol-A (BPA)** and hundreds of other chemicals found in plastics appear to be endocrine disruptors.

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