

do chemicals that leach from food conta



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Yes, chemicals that leach from food containers, such as phthalates and BPA, can affect the unborn fetus, as they can cross the placenta and be absorbed by the fetus, potentially causing issues like low birth weight, preterm birth, and neurodevelopmental or behavioral disorders. Pregnant individuals can reduce their exposure by using glass, ceramic, or metal containers instead of plastic, especially for hot food, and by choosing foods with minimal plastic packaging. [↗](#)

How Chemicals Affect the Fetus

- **Cross the Placenta:** Chemicals like phthalates can enter the mother's bloodstream, cross the placenta, and reach the fetal bloodstream. [↗](#)
- **Cause Oxidative Stress:** Some leached chemicals can trigger inflammatory and oxidative processes within the fetus. [↗](#)
- **Interfere with Development:** Endocrine-disrupting chemicals (EDCs) like BPA can interfere with hormonal and epigenetic mechanisms in the fetus, potentially impacting brain and organ development. [↗](#)

Specific Chemicals of Concern

- **Phthalates:** Exposure to phthalates during pregnancy has been linked to an increased risk of low birth weight, preterm birth, and child mental health conditions such as autism and attention-deficit/hyperactivity disorder (ADHD). [↗](#)
- **Bisphenol A (BPA):** BPA has been associated with potential harmful effects on the brain, behavior, and prostate gland in fetuses. [↗](#)

How to Reduce Exposure

- **Choose Alternative Containers:** Opt for glass, ceramic, or metal food and drink containers over plastic ones. [↗](#)
- **Avoid Microwaving Food in Plastic:** Heating food in plastic containers can increase the leaching of chemicals into the food. [↗](#)

- **Limit Plastic Packaging:** Buy foods that are not packaged in plastic as much as possible. 
- **Wash Plastic by Hand:** Washing plastic containers in a dishwasher can contribute to the leaching of chemicals. 
- **Avoid Fragrances:** Phthalates are often used in fragrances, so avoiding products with fragrance can help reduce phthalate exposure. 

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by GW Jeon · 2022 · Cited by 24 — BPA and other toxic materials **can leach** out from **baby** bottles and increase the risk of various health problems, including endocrine disturbances.



utswmed.org

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Nov 5, 2019 — Common household products contain **chemicals** that **can** be harmful to babies when exposed during **pregnancy**. In this Your **Pregnancy** Matters blog ...

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<https://pmc.ncbi.nlm.nih.gov/articles/PMC10794604>

Microplastics exposure: implications for human fertility, ...

by RE Zurub · 2024 · Cited by 94 — Several chemicals known to leach from plastics are well known to induce a variety of adverse health conditions in humans, including to developing fetuses ...



The Bump

<https://www.thebump.com/.../Fetal-Development>

Phthalates May Disrupt Baby's Development, Experts Warn

Sep 5, 2025 — Research shows phthalates **can** act as endocrine disruptors, interfering with the hormones that guide a **baby's** development. Because they **can** cross ...

PFAS Water Experts

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PFAS Exposure During Pregnancy: Risks to Mom and Baby

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Poison Control

<https://www.poison.org/articles/plastic-containers-ar...>

BPA and the Controversy about Plastic Food Containers

by B Substances — The plastics industry has already eliminated BPA in most **baby** bottles. It is also now possible to buy drinking bottles labeled "BPA free". There are efforts to ...Missing: ~~unborn~~ | Show results with: **unborn**

CNN

<https://www.cnn.com/2024/02/06/health/preterm-...>

'Everywhere' chemicals linked to rise in preterm births ...

Feb 6, 2024 — "Studies show the largest association with preterm labor is due to a phthalate found in **food packaging** called Di(2-ethylhexyl) phthalate, or ...

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