

What are the 180 chemicals linked with b



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Chemicals linked to breast cancer found in food production include [PFAS](#), [bisphenols \(like BPA\)](#), and [phthalates](#), which are used in food packaging like plastics and paper. Other chemicals like [styrene](#), [benzophenone](#), and pesticides such as [atrazine](#) are also linked to cancer risk and can be found in food contact materials, products, and as contaminants. These chemicals can migrate from packaging into food, especially when heated. [↗](#)

Common chemicals and their sources

- **PFAS (per- and polyfluoroalkyl substances):** Used in food packaging to prevent grease and water from soaking through wrappers and cups. They are also used in the ink on food containers.
- **Bisphenols:** A group of chemicals including BPA (bisphenol A) that are found in the linings of some cans and various food contact materials.
- **Phthalates:** Found in plastics and can be used to make plastic more flexible. They are present in many consumer products.
- **Styrene:** Used in the production of polystyrene, a common plastic for food containers.
- **Benzophenone:** Found in some food packaging materials.
- **Pesticides:** Chemicals like atrazine are used in agriculture and can contaminate food and water.
- **Solvents:** Chemicals like trichloroethylene can be used in processing and can contaminate food. [↗](#)

How to reduce exposure

- **Avoid heating food in plastic:** Heat food in glass, ceramic, or stainless steel instead.
- **Use glass or stainless steel for storage:** Opt for glass, ceramic, or stainless steel food storage containers and water bottles instead of plastic.

- **Limit consumption of food with high contamination:** Choose smaller, younger fish as they may contain less mercury and other toxins. You can also remove the skin and fat from meat before cooking.
- **Choose organic when possible:** Organic food is exposed to fewer pesticides than conventional food.
- **Ventilate when cooking:** Use a ventilation fan when cooking to reduce exposure to pollutants. [↗](#)

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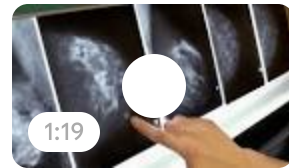
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by LV Parkinson · 2024 · Cited by 4 — Potential **breast** carcinogens in FCMs. Of the 909 potential mammary carcinogens with CASRNs, 189 (21%) have been detected in FCMs (Excel ...



Food Packaging Forum

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Food contact chemicals among 921 substances tied to ...

Feb 1, 2024 — Food contact chemicals among 921 substances tied to breast cancer risk · **Di(2-ethylhexyl) phthalate** (CAS 117-81-7) · Dibutyl phthalate (CAS 84-74- ...



The Allegheny Front

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than 900 common chemicals linked to breast cancer risk

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Oct 2, 2024 — Researchers identified 189 potential **breast** carcinogens in common **food** packaging materials, 76 of which could transfer from the packaging into the **food**.

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