

What are the 180 chemicals linked with breast a X



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A recent study identified 189 potential mammary carcinogens in food contact materials, including plastics and paper, with chemicals like BPA, phthalates, and PFAS being frequently found. These substances, which may cause cancer, endocrine disruption, and other health issues, are used in common food packaging materials such as plastic containers, can linings, and paper products. [↗](#)

Common Chemicals and Their Uses

- **Bisphenol A (BPA)**: Found in polycarbonate plastics and the epoxy resin lining of food cans to prevent corrosion. BPA can migrate into food, especially acidic products. [↗](#)
- **Phthalates**: Added to plastics to make them more flexible; they are often found in various plastic packaging and can leach into food. [↗](#)
- **Per- and Polyfluoroalkyl Substances (PFAS)**: Also known as "forever chemicals," PFAS are used in certain paper, paperboard, and molded fiber packaging to provide grease and water resistance. [↗](#)
- **Other chemicals**: The study and other sources also mention other chemicals like styrene in polystyrene foam containers and various chemicals used as solvents or herbicides in food production and packaging materials. [↗](#)

Sources of Exposure

You can be exposed to these chemicals through:

- **Food Packaging**: Plastic containers, food wrap, can linings, paper products, and foam takeout containers often contain these chemicals. [↗](#)
- **Canned Foods**: The epoxy resin used to line the inside of cans can contain BPA, which can transfer to food. [↗](#)
- **Processed Foods**: Chemicals can be present in the packaging or through contact with equipment during food production. [↗](#)



Exposure to these chemicals is linked to: [🔗](#)

- **Cancer:** Including breast cancer.
- **Hormone Disruption:** Some chemicals act as endocrine disruptors, interfering with the body's hormone system.
- **Reproductive Issues:** May affect reproductive health.
- **Other Health Effects:** Including obesity, diabetes, and impaired immune responses.

How to Reduce Exposure

- **Choose Fresh or Frozen Foods:** Opt for fresh or frozen foods to avoid canned goods and plastic packaging. [🔗](#)
- **Use Glass or Stainless Steel:** Store food in glass or stainless steel containers. [🔗](#)
- **Avoid Microwaving Plastic:** Do not heat food in plastic containers that are not labeled as microwave-safe. [🔗](#)
- **Limit Take-Out Containers:** Use reusable containers for leftovers or when possible, and choose options that are not made from polystyrene. [🔗](#)

Food Packaging Chemicals - Breast Cancer Prevention Partners (BCPP)

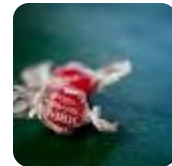
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Comprehensive Explores How to Reduce Food Packaging ...

Oct 22, 2024 — #3 (PVC): PVC, or polyvinyl chloride, often contains harmful additives like phthalates, which can get into food. #6 (P...

 Comprehensive Cancer Centers [⋮](#)



Food Packaging - Breast Cancer Prevention Partners (BCPP)

Food packaging and processing materials can contain chemicals linked to breast cancer. Some of these chemicals include: * BPA (bis...

 Breast Cancer Prevention Partners [⋮](#)



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Breast Cancer Prevention Partners

<https://www.bcpp.org> › Resources

Food Packaging Chemicals

Chemicals linked to breast cancer used in food packaging and processing include **BPA and other bisphenols, phthalates, PFAS 'forever' chemicals, vinyl chloride, ...**

People also ask

What chemicals are linked to breast cancer in food?



What are the harmful chemicals in food packaging?



What food chemicals are linked to cancer?



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CNN

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Chemicals linked to breast cancer leach into our foods, ...

Sep 24, 2024 — A number of the chemicals found in the study were **bisphenols, phthalates or perfluoroalkyl and polyfluoroalkyl substances**, known as PFAS — ...

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U.S. News & World Report

<https://www.usnews.com> › News › Health News

Almost 200 Chemicals Linked to Breast Cancer Are Found ...

Sep 24, 2024 — These hazardous chemicals -- including **PFAS, bisphenols and phthalates** -- can migrate from packaging into food, and thus be ingested by people, ...

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Sep 24, 2024 — They found 189 potential mammary carcinogens in **food** contact **materials**, with 143 of these found in plastics and 89 found in paper or cardboard.

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Inside Precision Medicine

<https://www.insideprecisionmedicine.com> › oncology

Study Finds 200 Potential Mammary Carcinogens in ...

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Medical News Today

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Breast cancer-linked chemicals found in food packaging

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CHEM Trust

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Chemicals linked to breast cancer are being used in food ...

Sep 26, 2024 — The chemicals identified included multiple **PFAS, bisphenols, and phthalates**. 143 of the 189 chemicals have been detected in plastics, and 89 in ...

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Food Packaging Forum

<https://foodpackagingforum.org> › News Articles

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- ...

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Comprehensive Explores How to Reduce Food Packaging ...

Oct 22, 2024 — A recent study noted by CNN, detailed **nearly 200 chemicals used in the making of food packaging** and plastic tableware were connected to breast cancers.



Nearly 200 potential mammary carcinogens found in food ...

Sep 25, 2024 — Researchers from the Food Packaging Forum identify and discuss **nearly 200 potential breast carcinogens** that have been detected in food contact materials (FCMs) ...

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