

# Microplastics in Food: Personal Exposure Checker

Tick off the steps you've successfully taken to reduce microplastic exposure in your food.

## Water & Beverages

- [ ] Avoid bottled water
- [ ] Use a home water filter
- [ ] Don't drink from plastic bottles
- [ ] Store water in glass or stainless steel

## Cooking & Food Storage

- [ ] Never heat food in plastic containers
- [ ] Use glass, ceramic, or steel for storage
- [ ] Avoid plastic wrap touching hot food
- [ ] Use wooden or steel utensils instead of plastic

## Seafood & Animal Products

- [ ] Limit shellfish
- [ ] Choose wild-caught over farmed
- [ ] Rinse seafood thoroughly before cooking

## Packaged & Processed Foods

- [ ] Reduce ultra-processed foods
- [ ] Choose products with minimal plastic packaging
- [ ] Avoid microwavable plastic meal trays

## Salt, Sugar & Pantry Staples

- [ ] Use unrefined or Himalayan salt
- [ ] Choose brands that test for contaminants
- [ ] Store pantry items in glass jars

## Fruits & Vegetables

- [ ] Wash produce thoroughly
- [ ] Avoid pre-cut fruits in plastic containers
- [ ] Choose fresh over packaged

## Kitchen Tools

- [ ] Avoid plastic cutting boards
- [ ] Use stainless steel, bamboo, or glass tools
- [ ] Avoid scratched plastic containers

## Daily Habits

- [ ] Drink from reusable bottles
- [ ] Avoid single-use plastics
- [ ] Check labels for microplastic additives (e.g., polyethylene)

## Your Score

- 0-10: Great start
- 11-20: Moderate exposure - small changes will help
- 21-30: High exposure - consider upgrading your kitchen and food habits

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