

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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