THE CANCER REVOLUTION

Additional Material for Chapter 5

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Plastic resin codes

PET (polyethylene terephthalate ethylene) is a common plastic used to package a variety of foods and drinks. It is considered a safe, non-leaching plastic, even though some studies have found that it can release the toxic metallic mineral antimony over time, especially when subjected to heat.

HDPE (high density polyethylene) is another common plastic used for milk and water cartons, dairy product tubs, and plastic bags. HDPE is not known to leach toxins.

PVC (polyvinyl chloride) is found in plastic wrap, bottles, boxes, plastic trays. These plastics use hazardous compounds called phthalates to maintain their pliability which can easily leach out of PVC products. PVC can also release a material called di-(2-ethylhexyl) adipate (DEHA) when in contact with fatty foods. The use of no 3 plastics is not recommended.

LDPE (low-density polyethylene) is used for bread and frozen food bags, squeezable bottles. It is not known to leach toxins.

PP (polypropylene) is found in bottles and food tubs, and reusable containers. It is not known to leach toxins.

PS (polystyrene) is found in egg cartons, yogurt pots, cups, moulded containers. It can leach a number of chemicals into foods and is not recommended in the kitchen.

OTHER is a catch-all category that includes everything else. One common no 7 plastic is polycarbonate, a shatter-resistant material used in things like baby bottles and reusable water bottles. Polycarbonates readily leach a toxic compound called bisphenol-a (BPA) into food and drink. But new corn-based polylactic acid (PLA) plastics, which are generally recognised as safe, are also labeled no 7. It can be hard to tell if a no 7 container is kitchen-safe without additional identifying information, so look for bottles that say they are BPA-free.