Harmful chemicals

Cut down on canned food and takeaways

Chemicals in food and packaging can be potentially harmful

Perchlorate

This is a man-made static electricity in food packaging such as the plastic that is used to prevent rust.

BPA

Bisphenol A or BPA, is put directly in food as preservatives. This is used to control static electricity and its packaging to make it last longer or look better.

Phthalates

These are used to improve the appearance of plastic food and cans are exposed to potentially harmful chemicals.

PFCs

These are used to improve the appearance of products have been shown to induce gut inflammation in mice, Dr Huang said.

Nitrates and nitrates

Nitrites are put directly in food as preservatives. This is why nitrates and nitrates have been added to food and are commonly found in processed meats.

Reduce exposure to food additives

Avoid putting plastic in the microwave.

Ensure that BPA-free plastic is used.

Eat fewer processed meats.

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Use glass or stainless steel.

Especially when cooking or serving hot food, use alternatives to plastic, such as glass or stainless steel, when possible.

Wash your hands.

Wash your hands before and after handling food, and clean all surfaces immediately after handling food.

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