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Plastics warning!

It seems that plastic is not quite so fantastic after all. In fact it may seriously damage your health if used incorrectly!...

Researchers have discovered that a chemical in plastic could seriously damage your health. The chemical in question is Bisphenol A (BPA). It is a hormone disrupter with strong links to breast and prostate cancer. Animal studies have also linked BPA to low sperm count, hyperactivity and obesity. BPA is also found in the lining of aluminium cans.

It's thought that the chemical is most likely to leach into liquids and foods when the plastic is heated or damaged in some way. You can therefore limit your exposure by not heating food in plastic containers in your microwave – transfer it to a glass dish instead. Do not leave water bottles in a hot car for long periods and if you reuse the bottle fill it only with the original type of liquid. For example, only put water in a water bottle. Similarly do not expose aluminium cans to heat, for example in your car or on a window sill.

You are also advised to limit the times you reuse water bottles and to discard bottles and cans which become damaged or old.

Many baby bottles are also made of plastic – these are frequently reheated in a microwave, so the advice is to change to acrylic or glass bottles.

This year The European Food Safety Authority concluded that the levels of exposure to BPA were within safe limits, but other studies contradict this finding and have challenged this conclusion.

In light of this it's best to take the necessary precautions until we know for sure!