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Drinking water from plastic bottles: Safe or not?

Story by Maria Kholina • 9mo • 2 min read

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Water is essential for life. It not only quenches thirst but also plays a crucial role in the body and its functions. However, not all containers are deemed beneficial for water storage, according to the nutritionist Vira Kuryn.

Harmful impact of water in plastic bottles

Typically, everyone opts for water in plastic bottles.



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According to the nutritionist, such containers may contain the chemical compound Bisphenol-A (or BPA), posing significant health risks.

BPA is found in the following products:

Baby bottles Plastic toys Bottles for water and various beverages
Food storage containers Plastic utensils Inner coating of canned goods

It's crucial to note that this chemical substance enters the body through water and food stored in containers made of it.

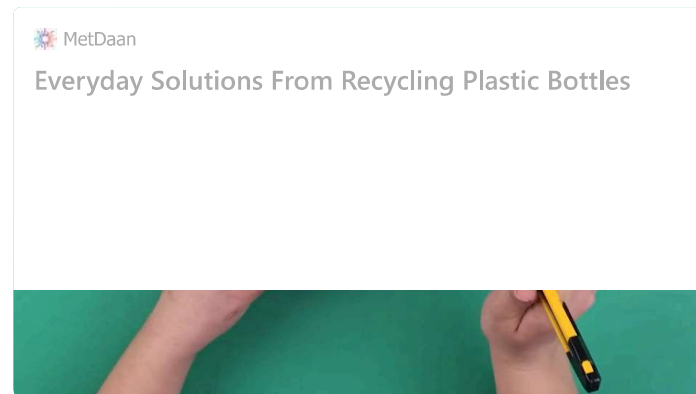
Moreover, the release of bisphenol depends on temperature. Specifically, the higher the temperature, the more actively BPA contaminates products and water from plastic.

"The plastic composition is indicated on the container itself in the form of a triangle with a number, so you can always find out what your plastic utensils are made of," says the expert.

Bottles that should not be reused

Vira Kuryrn says that bottles marked with the following numbers should not be reused:

[▶ Related video: Everyday Solutions From Recycling Plastic Bottles \(MetDaan\)](#)



"1" (PET or PETE) "3" (PVC and PS) "7" (PVC and PC)

Besides, being exposed to oxygen, heat, or sunlight, such bottles release toxic substances that end up in the water.

The ingestion of BPA into the body may lead to:

Disruption of thyroid gland function Early puberty in girls and delayed puberty in boys Cardiovascular diseases Liver problems
Development of oncological diseases Negative impact on the brain and nervous system of infants and young children, causing developmental delays and even autism.

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