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## Microplastic menace: Is heating food in your microwave more harmful than you think?

Story by KC • 7mo • 2 min read

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 In which containers is it not allowed to heat food?  
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**The process that heats food in a microwave involves energy absorption by the water, fat, and sugar molecules present in the food. The molecules move faster as a result, raising the temperature and effectively warming up the food.**

The problem occurs when a container, specifically most plastics, cannot withstand high temperatures. Due to the heat, plastic containers may release tiny particles known as microplastics (synthetic polymers less than 0.2 inches long) and nanoplastics (particles smaller than 100 nm).



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These particles can infiltrate the food and subsequently enter our bodies.

## Health impacts of plastic:

Microplastics and nanoplastics can accumulate in various parts of the body once ingested, potentially leading to a range of health problems.

The significant issues encompass hormonal disorders triggered by the presence of phthalates, chemical compounds commonly found in plastic products. Phthalates can act as so-called endocrine disruptors, interfering with our natural hormones and heightening the risk of several health conditions, such as some forms of cancer, obesity, infertility, and developmental issues in children.

Some studies also propose that the presence of microplastics may trigger inflammatory reactions in the body and compromise the immune system, thereby making us susceptible to various diseases.

## Safe practices for heating food in microwave:

It's generally recommended to avoid heating food in plastic containers, particularly those not labeled as microwave-safe. Glass or ceramic containers, which are more heat-resistant and do not release harmful substances, are advisable instead.

Moreover, don't forget that metal is also unsuitable for microwave use. Any metal objects could create an electric arc in the microwave, posing a safety hazard.

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### 6 Places You Should Never Put Your Microwave