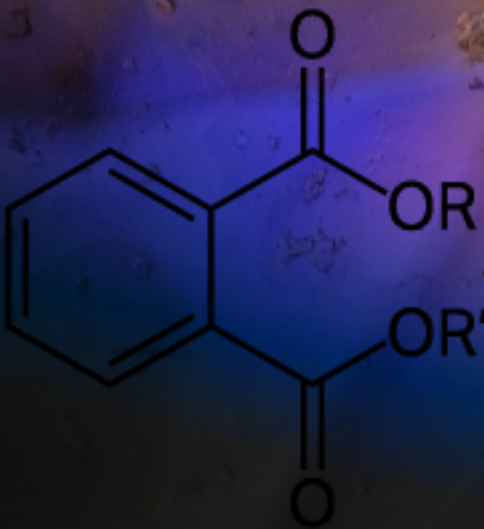


EXPOSURE TO

PHTHALATE CHEMICALS

FROM DIFFERENT DIETARY SOURCES



Phthalates belong to a class of chemicals generally found in plastics. A new study¹ by researchers at the Milken Institute School of Public Health at the George Washington University and other institutions² suggests **food is a significant and underappreciated source of human exposure to these chemicals.**

PERCENT DIFFERENCE IN PHTHALATE LEVELS

35%

HIGHER

For people in all age groups who reported **eating more food away from home³** compared to those who mostly ate food prepared at home.⁴

55%

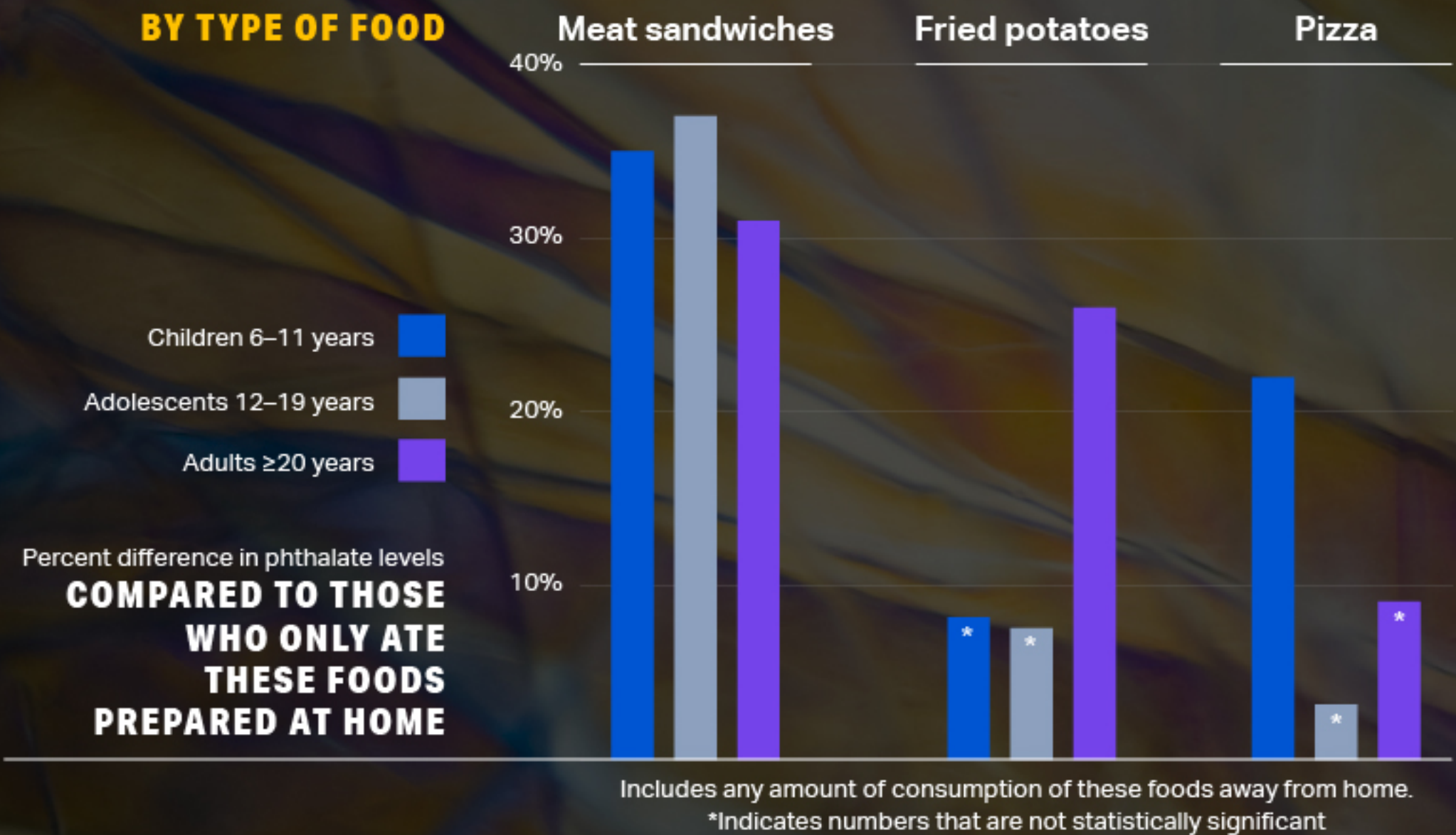
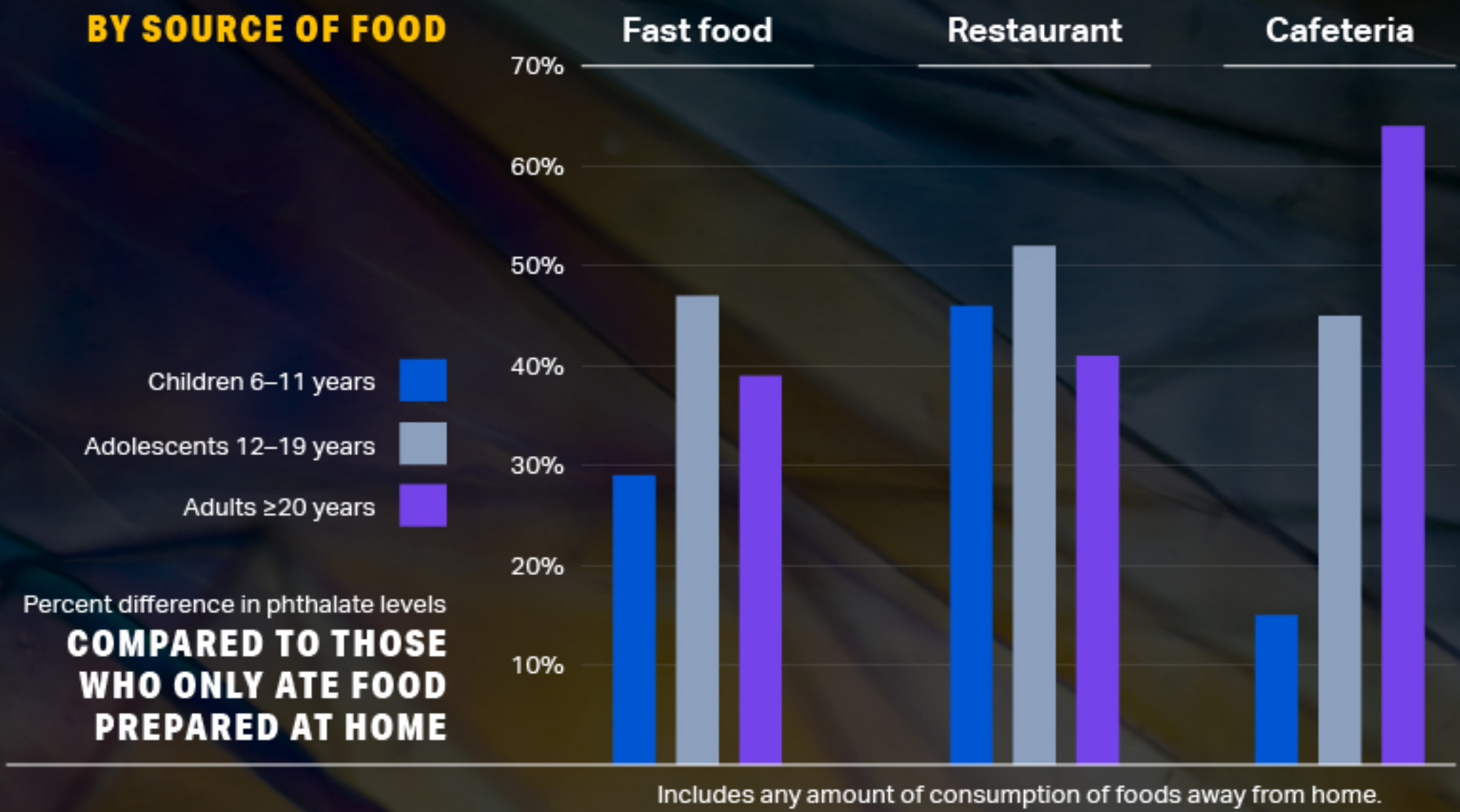
HIGHER

For adolescents who were **high consumers of food away from home** compared to those who only ate food prepared at home.

30%

HIGHER

For people in all age groups who **ate meat sandwiches away from home** compared to those who only ate these foods prepared at home.



You can’t go wrong with home-cooked meals. They are often healthier, lower in unhealthy fats and sugar—and less likely to contain potentially harmful phthalates.

Created by MPH@GW, the online Master of Public Health program from the Milken Institute School of Public Health at the George Washington University

All values are based on participants who reported they consumed food away from home in the previous 24 hours, compared to participants who reported they did not consume food away from home in the previous 24 hours.

¹ Varshavsky et al. Dietary sources of cumulative phthalates among the U.S. general population in NHANES 2005-2014. *Environment International* 2018.

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³ "Food away from home" includes food from restaurants, cafeterias, and fast foods.

⁴ "Food prepared at home" refers to food purchased at the store but eaten at home.