

How to use nylon bags to not be poisoned

Blue, red, yellow plastic bags ... processed food is very toxic to the brain and can cause cancer by containing metals such as lead, cadmium ...

1. Things to know when using food plastic
2. Pests can eat plastic, savior of man-made plastic waste
3. The five habits that young people need to quit immediately to prove "goldfish brain" does not cause serious harm to health

Cheap, light, thin, and convenient, plastic bags are the most popular among other items such as plastic boxes, paper boxes, plastic lanes . From vegetables, slices of meat to sauce bottles, oil bottles or pants shirts, cosmetics, shoes . sellers use nylon bags to pack their products. It is estimated that every market trip of a family with about 4 adults will use about 5-10 plastic bags to cover all kinds of food. However, it is convenient but these nylon bags are very potential to cause harm to human health.



Potential risk of cancer because of the harmful effects of plastic bags

According to health experts, in Vietnam, plastic bags, mostly made of recycled plastic, can cause the risk of lead and cadmium contamination for users.

Nylon bags now have 2 main types: The first one is nylon mainly made of PE or PP plastic derived from oil. The components of these resins are not toxic, but the softening additives are toxic to humans.

The second type (the one we are using in common) is recycled nylon bags from many used plastic products, including even paint cans, toilet tank vials . during the re-process. Processing, craft plastics absorb heavy metals such as cadmium, lead . (substances that lead to cancer).



These bags when used to store hot foods such as sticky rice, vermicelli, soup . At temperatures of 78-80 degrees C will make toxic substances in nylon bags easily absorbed into food , directly impact on the health of users.

One of the most dangerous toxins in our body is DOP (dioctin phatalat), which is similar to female hormones, if a boy is infected with this substance for a long time, boys can be feminized, infertility. As for girls, the risk of puberty is too early.

Besides nylon bags, food wrap is also a threat to our health, if we put this food film on the food surface to heat it in the microwave. After being heated in a microwave oven to 300 - 500oC, these membranes are burrowed and plastic will stick to food that is dangerous to use like hot food nylon bags.



In addition to dangerous use, the problem of destroying nylon bags is also an unsolvable problem of no nation. When burning plastic bags will create emissions containing toxic dioxin and Furan causing poisoning, breathing difficulties, vomiting blood causing cancer, reduced immunity, dysfunction and birth defects in young children. Plastic bags contain 2 substances PE and PP, when burning will form carbon dioxide, methane and toxic dioxin gas.

Therefore, when choosing to use safe plastic bags, people should choose colorless bags, high transparency, high gloss, bright colors, the product surface is not rough, scratched. At the same time, limit the use of plastic to store hot, sour, spicy food .

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