

Water bottles are safe for your health? Glass bottles, plastic bottles or metal bottles?

Using water bottles made from what materials are safest for health?

Currently, plastic, metal and glass are the three common materials used to make bottles. But using water bottles made from what materials are safest for health?

Here is the opinion of experts, please refer.

1. Glass water bottle

Glass is made from natural materials, when heated or cooled does not decay or produce any toxic chemicals. Therefore, glass is the best material to use as a water bottle. However, this material is very fragile.



Many people think that water in glass bottles retains its original flavor, while water in metal or plastic bottles has a metallic or chemical taste.

Currently, there are glass bottles that are toughened to withstand high impact forces or insulated to prevent cracking due to high temperatures. However, the glass bottle is insulated because it is made of many special materials, making it more difficult to recycle than ordinary glass, not really environmentally friendly.

2. Plastic water bottles

To make the plastic brighter and more flexible, most water bottles today are made from polymer resins such as polypropylene and copolyester. Overall, plastic bottles are difficult to decompose, not environmentally friendly.



When using plastic bottles, users need to pay attention to the bottom signs to know whether to use it or not because plastic can split many carcinogens. For details, please refer to the article 'What do the symbols on the bottom of plastic bottles mean?'.

3. Metal water bottle

Metal water bottles are quite safe for human health because they are usually made from stainless steel or aluminum. The bottle of metal water also has the advantage of being very durable, can be recycled many times.



As recommended by health experts in the world, people should use metal water bottles because it is safe and durable. But note, when containing some special drinks such as juice, tea, milk . may reduce the life of metal bottles.

1. BMI calculation to assess whether the body is obese or undernourished
2. Bananas are great and here are 8 reasons to eat 1-2 bananas a day

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