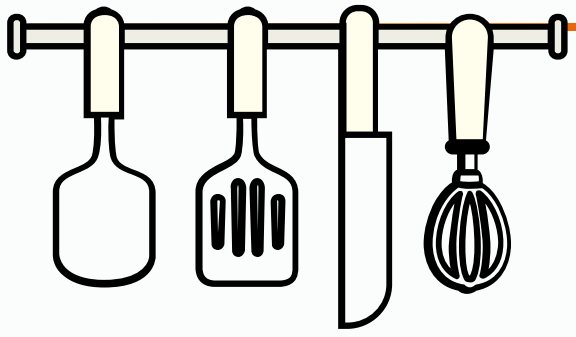


CHEMICAL CONTAMINANTS IN THE KITCHEN:

RISKS ASSOCIATED WITH COOKING EQUIPMENT AND UTENSILS



Marijana Blažić¹, Vedrana Pleš¹, Luka Pilepić², Ines Cindrić¹, Elizabeta Zandona¹

¹Veleučilište u Karlovcu, Trg J. J. Strossmayera 9, 47000 Karlovac
²Veleučilište ASPIRA, Ulica Vjekoslava Heinzela 62, 10000 Zagreb

CHEMICAL CONTAMINANTS:

MICROPLASTICS

Small plastic particles generated by the wear and degradation of plastic products and packaging or originating from the environment.

BISPHENOLS

Used in the production of polycarbonate plastics and epoxy resins. They may act as endocrine disruptors.

PHTHALATES

Plasticizers that increase the flexibility of plastics. They are associated with hormonal disruptions and adverse effects on reproductive health.

PFAS COMPOUNDS

Per- and polyfluoroalkyl substances that are resistant to heat, grease, and water.

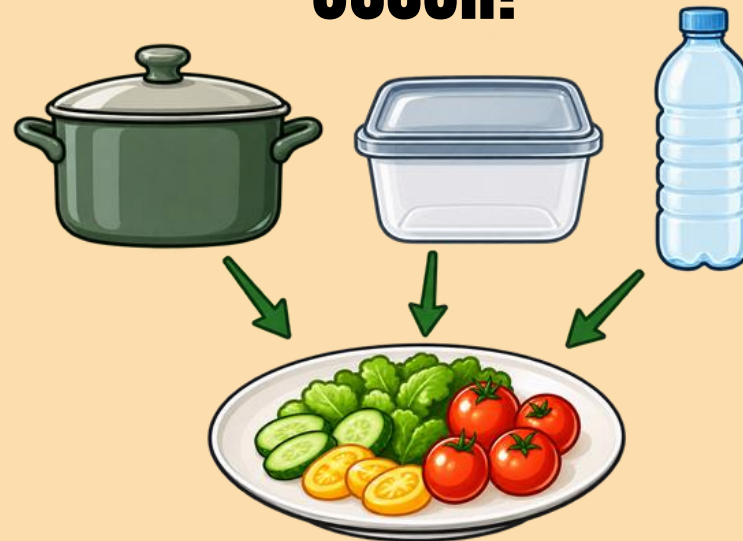
AZO DYES

Synthetic dyes used in plastics, textiles, and packaging. Some may release aromatic amines with potential carcinogenic effects.

HEAVY METALS

They may migrate from metal cookware, glazes, and other materials. They can accumulate in the body and cause serious health problems.

HOW DOES MIGRATION OCCUR?



High temperatures, acidity, and prolonged contact of food with packaging and cookware increase the risk of chemical migration.

HEALTH RISKS:

Long-term exposure may cause:



Endocrine disruption
(hormonal imbalance)



Immune system impairment



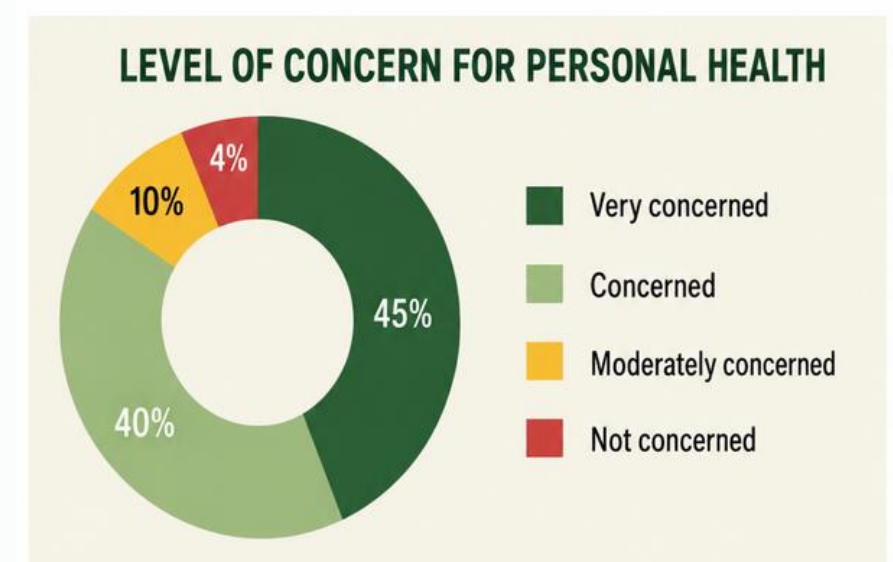
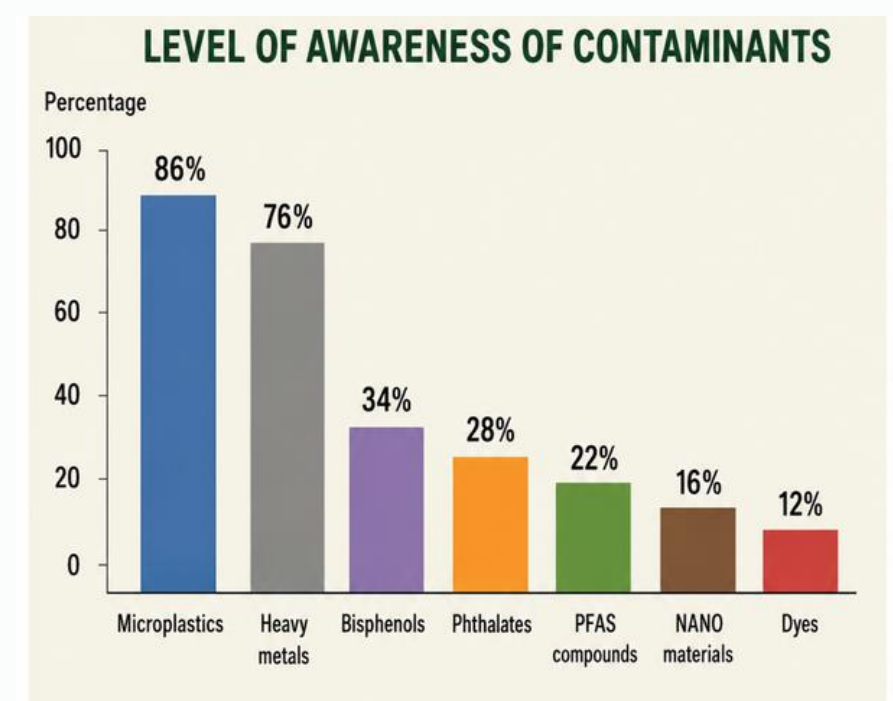
Neurotoxicity



Increased risk of cancer

WHAT DO CONSUMERS KNOW?

A survey of 50 participants was conducted to assess their awareness and knowledge of chemical contaminants..



- High level of awareness of microplastics and heavy metals
- Other contaminants are less well known
- Most participants expressed health concerns
- Education and clear product labelling are needed

PREVENTION THE BEST PROTECTION

Choosing safe materials



Proper food storage

Maintaining the right temperature



Checking the condition of cookware

Replacing old cookware



DETOXIFICATION AND CORRECTIVE MEASURES

Adequate water intake
Helps eliminate toxins and waste products from the body.

Liver support
Foods containing sulfur compounds (onions, garlic, broccoli).

Antioxidant-rich diet
Fruits, vegetables, green tea, turmeric – a source of antioxidants.

Regular physical activity
Improves metabolism and eliminates toxins through sweat.