



YOU'RE INGESTING MORE PLASTIC TOXINS THAN YOU CAN CHEW, HERE ARE FIVE WAYS TO STOP

Sustainable health expert, and founder and CEO of Dalcini Stainless, Nita Tandon explains all the hidden ways we're consuming plastic and what to do about it.

MONDAY, JULY 22nd 2019--OTTAWA, ON--It's not common practice to order a side of plastic with your meal, but as scary as it sounds, you're inadvertently consuming hundreds of tiny toxic microplastics *daily*...anywhere between 126 and 142 tiny particles to be exact, this according to a [new research](#) from the University of Victoria. And if you think you're being sustainable by reusing your water bottle, you might want to recycle it once and for all because you're ingesting an additional 90,000 microplastics annually!

Nita Tandon is a sustainable health expert and the founder and CEO of Dalcini Stainless. She says that the number one way we are being negatively affected by these chemicals is via food consumption; we certainly don't want them, but they're on so many household items we use every day, including containers, storage baggies, water bottles, utensils and more.

"Bottom line, we are eating too much plastic and we are throwing out too much plastic. We are harming human health and the environment." She continues, "Once we know where the issues are, we can take steps to decrease the damage. We are eating far too many bits of plastic unknowingly, and it's becoming an epidemic."

Nita notes that although not all plastic containers contain BPA, they are all composed of synthetic chemicals; after all, that's just what plastic is.

Some hidden household items microplastics breed in that we can replace with healthier alternatives include:

1. **Plastic Cutting Boards**- Over time, as cuts penetrate the surface and continuous heat from cleaning begin to wear down the surface, the integrity of the plastic weakens, allowing hormone-disrupting chemicals to leach out and tiny bits of plastic (microplastic and nanoplastics) being ingested. A safer alternative is using a wooden, marble or glass cutting board.
2. **Plastic Cooking Utensils**- It's time to toss the spatulas, mixing spoons, ladles, etc. Heat, and plastic should never mix. [A study from the University of Cincinnati](#), found that BPA leached 55 times more when hot contents were poured in plastic containers. Stick to the stainless steel or wooden stir spoons and spatulas.

3. **Packaged Food-** It's hard to get away from chemicals in packaged food and it's unrealistic to recommend you make everything from scratch at home with waste-free organic ingredients. The truth is families are busy and most of us still want convenience, so let's make 'reducing' the goal. Pick one or two packages items your family loves and try to make the other favourite homemade. If you're buying something frozen to be heated, remember to remove the plastic wrap and plastic baking tray (even if they say it's safe). Safe just means that the plastic shouldn't melt, it is not an indicator of how much it leaches.
4. **Canned Foods-** Lots of great, tasty and convenient foods come in cans. The problem is that the cans are most often lined with BPA containing resin, which mean having canned food often means you are likely consuming added BPA, too. Switch to glass jars when available. e.g.. jar of tomato sauce instead of the can of sauce, or jar of olives instead of can.
5. **Lunch containers-** If you plan on washing them daily in hot water, it's recommend staying away from plastic. Opt for glass or stainless steel instead. Most glass containers have plastic lids, so be sure to hand wash the lids, and not in the dishwasher.

If you'd like to do an interactive segment or interview with Nita on sustainable health and environmentally conscience topics, please contact:

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ABOUT NITA TANDON:

In 2010, Nita stepped away from her career as a pharmaceutical and biotech professional and stepped into her new role of mother —The year prior, Health Canada banned the use of Bisphenol A (BPA) in baby bottles. In 2012, the US FDA followed in Canada's footsteps, with a similar ban. but despite both countries declaring BPA a toxic substance to human health and the environment, neither Canada nor the US had yet, extended bans to food containers. Manufacturers voluntarily began creating BPA-free version by substituting BPA with two other hormone-disrupting chemicals which studies show are no safer. Realizing the need for durable, easy to clean and chemical-free food containers, Nita launched DALCINI™ Stainless housewares in 2015; a safe, simple, sustainable solution, which garnered Nita the coveted Startup Award at the 2016 Mompreneur Awards. Nita has also earned a spot in the Top 25 Female owned Venture in Canada, in 2018. Over the last 10 years Nita has been an outspoken advocate and trusted resource on topics of sustainability, health, toxic chemicals, microplastics, DIY home and wellness alternatives and has been featured on Turner Radio and The Balancing Act Podcast. Nita resides with her family in Ottawa. nita@dalcinistainless.com