

Fact bite #60



Aluminum

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Consuming aluminum can harm human health, specifically the body's system responsible for creating blood, the nervous system, and bones.

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This can happen when aluminum migrates from food packaging or cookware into your food, especially at high temperatures or with acidic foods. An example would be grilling something in a lemon juice marinade on an aluminum tray, or a hot takeout meal served in an aluminum container.

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To prevent aluminum from migrating into food, many aluminum products are lined with a thin layer of plastic. This includes some aluminum foils, take out containers, and cups.

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**Something many people don't know:
Aluminum beverage cans are also
coated in a thin layer of plastic. While
this prevents migration of aluminum,
there are still many other chemicals
from the plastic lining that can
transfer into your drink.**

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More inert materials like stainless steel and glass do not react with foods and therefore also do not require additional coatings.

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