



Toxic Microwave Popcorn

What We Found



- **100%** of the popcorn bags tested had toxic chemicals called per/polyfluoroalkyl substances (PFAS)
- PFAS mimics the hormone estrogen and have been linked to liver and kidney toxicity [i][ii][iii]
- According to the FDA, these chemicals in popcorn bags rub off on the popcorn [iv]
- Our testing included major brands like ACT II, Pop Secret, Orville Redenbacher's, Popweaver, Regal Cinemas, and Clover Valley

Where we Purchased Microwave Popcorn



Make Your Own Popcorn

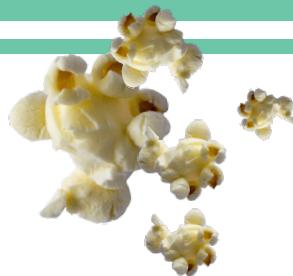


Ingredients

Brown paper bag, popcorn kernels, oil, salt

Easy Directions

In a small bowl, mix together the popcorn kernels, oil, and salt. Pour the coated corn into the brown paper bag (double bag to prevent oil from leaking through) and fold over the bag twice to seal in the ingredients. Microwave the popcorn for about 2-3 min. Voila!



CAMPAIGN FOR
**Healthier
Solutions**

 **CEH** CENTER for
ENVIRONMENTAL
HEALTH

References:
[i] <https://www2.mst.dk/udgiv/publications/2015/05/978-87-93352-15-5.pdf>
[ii] <http://onlinelibrary.wiley.com/doi/10.2903/epa.2014.EN-572.pdf>
[iii] Boseemai, Anna Kjerfve, et al. "Fluorinated alkyl substances and technical mixtures used in food paper-packaging exhibit endocrine-related activity in vitro." *Andrology* 4.4 (2016): 662-672.
[iv] Begley, T. H.; Hsu, W.; Noonan, C.; Diachenko, C. Migration of fluorochemical paper additives from food-contact paper into foods and food simulants. *Food Addit. Contam., Part A* 2008, 25 (3) 384-390