

# How Much Plastic Are You Actually Consuming?

A 2019 study conducted by WWF International showed that the average person could be ingesting as much plastic as the equivalent of a credit card every week. The study found that one of the main sources of plastic comes from the water we drink and they also mentioned certain food like shellfish, "...which tends to be eaten whole so the plastic in their digestive systems is also consumed."

Photo: Stephanie Wright

Reuters used the information from this study to illustrate how this plastic consumption adds up over time.

*In a month, we ingest the weight of a 4x2 Lego brick in plastic, and in a year, the amount of plastic in a fireman's helmet. This may not sound like much, but it can add up. At this rate of consumption, in a decade, we could be eating 2.5 kg (5.5 lb) in plastic, the equivalent of over two sizable pieces of plastic pipe.*

*How much plastic are you eating?*

Plastic production has drastically increased over the last 50 years. Plastic is not biodegradable and only breaks down into smaller microparticles over time. Plastics are known carcinogens. Microplastics are everywhere from our rain, to our food, and even the highest and lowest points of the Earth.

If you're worried about plastic toxicity and the consequences of it, read this article to learn more about how to detox from plastics and other endocrine system disruptors.