New Study Finds Microplastics in Seafood

A new study published in Environmental Science and Technology found microplastics in 100% of the seafood tested. Researchers acquired 10 oysters, 10 farmed tiger prawns, 10 wild squids, 10 sardines, and five wild blue crabs. All of the samples tested positive for at least trace levels of plastics, with varying amounts of plastic in each type of seafood. Sardines had the highest levels of plastic.

The study found that in an average serving of seafood, a person could consume approximately 0.7mg of plastic when eating oysters or squid, and up to 30mg of plastic in an average serving of sardines. A grain of rice weighs 30mg, on average.

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> *"From the edible marine species tested, sardines had the highest plastic content, which was a surprising result," Riberio told the University of Queensland. "Another interesting aspect was the diversity of microplastic types found among species, with polyethylene predominant in fish and polyvinyl chloride the only plastic detected in oysters."*
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> *Seafood Study Finds Plastic in 100% of Samples*

Polyethylene, the most popular plastic in the world, was the most common plastic found in the samples. Plastics commonly end up in the ocean where they breakdown into tiny pieces called microplastics. Microplastics are absorbed by plankton and eaten by other marine life and are carried through the food chain. Microplastics are in everything, from the food we eat to the rainwater.