



How much microplastic do we ingest?

Nur Hazimah Mohamed Nor, a researcher in the Aquatic Ecology and Water Management chair group, investigated how much microplastic humans ingest. A study by the University of Newcastle (Australia) from 2019 suggested it was a bank card's worth per week. She built a model to calculate how many particles of between 1 and 5,000 micrometres we breathe in or ingest via eight food categories with known concentrations of microplastics (fish, molluscs, crustaceans, tap water, bottled water, salt, beer and milk). Her model shows that adults absorb 880 plastic particles per day on average. The model also calculated how many microplastics a person's body absorbs up to the age of 70. That turned out to be just a fraction of a grain of sand.

Info: hazimah.mohamednor@wur.nl