

Comparison of the Amount of Microplastics in Plant- And Animal-Based Milks

Authors : Melisa Aşci, Berk Kiliç, Emine Ulusoy

Abstract : Ingestion of microplastics in humans has been increasing rapidly, as such hazardous materials are abundant in multiple food products, specifically milks. With increasing consumption rates, humans have been ingesting microplastics on a daily basis, making them prone to be intoxicated and even cause the disruption of intracellular pathways and liver cell disruption, and eventually tissue and organ damage. In this experiment, different milk types (animal-based and plant-based) were tested for microplastics. Results showed that animal-based milks contained a higher concentration of microplastics compared to plant-based milks. Research has shown that in addition to causing health issues in humans, microplastics can also affect livestock animals and plants.

Keywords : microplastics, plant-based milks, animal-based milks, preventive nutrition

Conference Title : ICN 2025 : International Conference on Nutrition

Conference Location : Florence, Italy

Conference Dates : May 17-18, 2025