



Toxic Microwave Popcorn

What We Found



- **100%** of the popcorn bags tested had toxic chemicals called per/polyfluoroalkyl substances (PFAS)
- PFAS confuse our bodies' hormones and also damage the liver and kidney ^{[i][ii][iii]}
- According to the FDA, these kinds of chemicals move from popcorn bags to 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



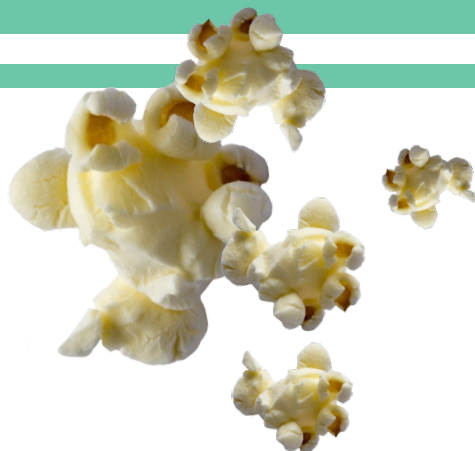
Make Your Own Popcorn

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!



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References:

[i] <http://www2.mst.dk/udgiv/publications/2015/05/978-87-93352-15-5.pdf>

[ii] <http://onlinelibrary.wiley.com/doi/10.2903/sp.efsa.2014.EN-572/pdf>

[iii] Rosenmai, Anna Kjerstine, 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, G.; Diachenko, G. Migration of fluorochemical paper additives from food-contact paper into foods and food simulants *Food Addit. Contam., Part A* 2008, 25 (3) 384-390