

Fact bite #56



Portion size

$\frac{1}{5}$
→



Food
Packaging
Forum

Extensive scientific research has shown that many chemicals can transfer from non-inert materials – like paper or plastics – into food. Some of these chemicals can be harmful to human health.

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One of the factors causing higher levels of food contact chemicals in food is portion size: Smaller portions have a higher surface-to-volume ratio than larger ones. This means a higher percentage of the food is in direct contact with the packaging.

3/5
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Examples include sauce sachets, small yoghurt cups, juice boxes and pouches, individually wrapped candies, and more.

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Avoiding small portion sizes can not only help reduce exposure to potentially harmful chemicals, but also reduces material consumption.

5/5



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