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Seafood could have higher levels of "forever chemicals" – 18th April 2024

Level 0

High levels of "forever chemicals" may be in seafood. Forever chemicals are man-made. They stay in our blood and lead to health problems like cancer and kidney problems. Researchers said we need safety guidelines, especially for things like prawns and lobster. People who love seafood may have to change what they eat.

Forever chemicals are found in food packaging and food containers. The chemicals are now in our food chain. A professor wants people to be aware of the risks, and to understand more about what is in the food we eat. She said: "Our recommendation isn't to not eat seafood."

Level 1

A study says high levels of "forever chemicals" may be in seafood. Forever chemicals are man-made toxins. They stay in our blood and lead to health issues. These include cancer and kidney problems. Researchers said we need safety guidelines for these chemicals in seafood, especially for marine creatures like prawns and lobster. People who love sushi and prawn cocktails may have to change their diet and eat less seafood.

Forever chemicals were created in the 1930s. Today, they are found in food packaging, food wrappers, and food containers. Over the decades, the chemicals have entered our food chain. A professor wants people to enjoy seafood, but also to be aware of the risks. She said: "Our recommendation isn't to not eat seafood." She thinks it is important for us to understand more about what is in the food we eat.

Level 2

A new study says higher levels of "forever chemicals" may be in seafood. Forever chemicals are man-made toxins. They do not break down. They can stay in our blood and lead to a variety of health issues. These include cancer, and kidney and liver problems. Researchers in the USA said there should be safety guidelines for these chemicals in seafood. The level of these toxins is highest in marine creatures like prawns and lobster. This could mean people who love sushi and prawn cocktails may have to rethink their diet and eat less seafood.

Forever chemicals were developed in the 1930s. Today, they are found in food packaging. Most of our food wrappers, take out containers, and other food holders contain the chemicals. Over the decades, the chemicals have entered our food chain. Professor Megan Romano said she wanted people to enjoy seafood, but also to be aware of the risks. She said: "Our recommendation isn't to not eat seafood. Seafood is a great source of lean protein and omega fatty acids." She thinks it is important for people to understand more about what is in the food they eat.

Level 3

A new study has suggested that higher levels of "forever chemicals" may exist in seafood. Forever chemicals are man-made toxins that do not break down. They can stay in human blood and lead to a variety of health issues. These include cancer, kidney and liver problems, hormonal changes, and damage to the development of babies in the womb. Researchers from Dartmouth College in the USA said there should be safety guidelines for forever chemicals in seafood. They say that the level of these toxins is highest in marine creatures like shrimp, prawns and lobster. This could mean people who love sushi, sashimi and prawn cocktails may have to rethink their diet and eat a little less seafood.

Forever chemicals were developed in the 1930s. Since the 1950s, they have been used to make many products. They are commonly found in food packaging. Most of our food wrappers, take out containers, pizza boxes and other food holders contain the chemicals. Over the decades, these chemicals have entered our food chain. Researchers said they were in higher levels in seafood. Professor Megan Romano said she wanted people to continue to enjoy seafood, but to be aware of the risks. She said: "Our recommendation isn't to not eat seafood. Seafood is a great source of lean protein and omega fatty acids." She added it was important for people to understand more about what is in the food we eat.

