



PLASTIC™  
OCEANS

HUMAN HEALTH

# HOW MUCH PLASTIC ARE YOU EATING?

Studies continue to show that humans are ingesting plastic in extremely high levels. Is it just a nuisance or is it harming us? Time will tell, but the amount of plastic inside us is no laughing matter.

HERE'S A LOOK AT AMOUNTS BASED ON TIME:

## 1 WEEK

5 GRAMS, WHICH IS EQUAL  
TO ABOUT ONE CREDIT CARD.



## 1 MONTH

21 GRAMS, WHICH MEANS  
YOU'VE EATEN A LEGO BRICK.

# 1 YEAR

250 GRAMS IN YOUR BELLY -  
EQUAL TO THE WEIGHT OF A  
DINNER PLATE.



# 10 YEARS

2.5 KG, OR THE SAME AS ONE  
LIFESAVER RING.



# 1 LIFETIME = 40 POUNDS

(18KG)

EQUAL TO THE WEIGHT OF  
TWO LARGE RECYCLING BINS!



Data for this infographic was sourced from a 2019 report from the World Wildlife Fund and media sources reporting on it:

1 - <https://yourplasticdiet.org/>

2 - [https://wwf.panda.org/discover/our\\_focus/markets/?348375/Plastic-ingestion-by-humans-could-equate-to-eating-a-credit-card-a-week](https://wwf.panda.org/discover/our_focus/markets/?348375/Plastic-ingestion-by-humans-could-equate-to-eating-a-credit-card-a-week)

3 - <https://nypost.com/2020/12/08/youre-eating-a-lot-of-plastic-and-didnt-even-know-it/>

4 - <https://www.plasticsnews.com/news/wwf-study-humans-eat-credit-card-worth-plastic-each-week>

**PlasticOceans.org**



### **A plateful of plastic**

Visualising the amount of microplastic we eat

DECEMBER 31, 2019

Microscopic pieces of plastic have been discovered in the most remote locations, from the depths of the ocean to Arctic ice. Another place that plastic is appearing is inside our bodies. We're breathing microplastic, eating it and drinking plastic-infused water every day.

Plastic does not biodegrade. Instead, it breaks down into smaller pieces, and ultimately ends up everywhere, including in the food chain. Pieces that are less than five millimeters in length, around the size of a sesame seed, are called "microplastics."



Sesame seeds



Microplastic

Dozens of reports have been published on microplastics but the scientific community is still only scratching the surface of understanding just how much plastic we consume and how harmful it could be.

People could be ingesting the equivalent of a credit card of plastic a week, a recent study by WWF International concluded, mainly in drinking water but also via sources like shellfish, which tend to be eaten whole so the plastic in their digestive systems is also consumed.

Based on the findings of the study, Reuters created the following images to illustrate what this amount of plastic actually looks like over various time periods.

### Every week 5 grams of plastic

That's about the same weight as a plastic bottle cap and enough shredded plastic to fill a porcelain soup spoon.



### Every month 21 grams of plastic

That's about the same weight as five casino dice and enough shredded plastic to half-fill a rice bowl.



### Every 6 months 125 grams of plastic

That's enough yellow shredded plastic flakes to fill a cereal bowl, as pictured below.



**Every year**  
250 grams of plastic

That's a heaped dinner plate's worth of shredded plastic, as pictured below.



**Every 10 years**  
2.5kg of plastic

Reuters did not have enough shredded plastic to weigh in order to visualise this comparison. However, a standard life buoy weighs 2.5 kilograms so we found one of those.



**In our lifetime**  
20kg of plastic

The average human lives for 79 years. Using the current estimate of microplastic in our diets and assuming the situation doesn't improve or worsen, that equates to 20 kilograms of plastic consumption. That's more plastic than the two mobile recycling bins shown below, which only weigh 10kg each.



"We have been using plastic for decades but we still don't really understand the impact of micro- and nano-sized plastic particles on our health," said Thava Palanisami of Australia's University of Newcastle, who worked on the WWF study.

"All we know is that we are ingesting it and that it has the potential to cause toxicity. That is definitely a cause for concern."

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Sources: University of Newcastle, Australia; World Wide Fund for Nature (WWF).

By Simon Scarr  
Photography by Anand Katakam and Simon Scarr  
Additional work by Manas Sharma, Marco Hernandez and John Geddie

With thanks to: PlastiCity for providing shredded plastic; Pamarine for providing access to life buoy; Mr Daniel Malacchini for providing access to the plastic bin.



**ABAME**  
ASSOCIAÇÃO BANDEIRA AZUL  
DE AMBIENTE E EDUCAÇÃO



A EHTP envolveu 60 participantes.

Em todas as praias do mundo encontramos evidências da humanidade. Balões, pontas de cigarro e pedaços de plástico são muito comuns.

Aproveitar o tempo para limpar o lixo da praia tem inúmeros benefícios, desde salvar animais até melhorar a economia local!

No âmbito do Programa Eco-Escolas e da participação da EHTPorto no Projeto #AMARoMar a Comunidade Escolar ajudou, no dia **18 de abril 2024**, a limpar a Praia Internacional (Norte), numa ação conjunta com outras Eco-Escolas do município do Porto.



# PLÁSTICOS



Beatas e filtros  
de cigarros

**205 unidades**



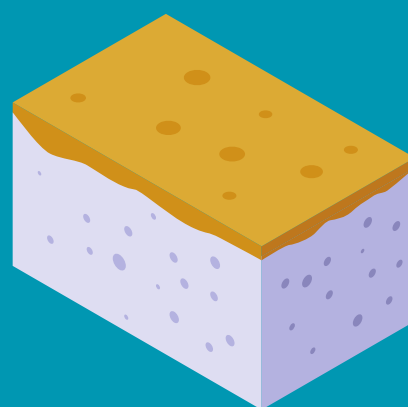
Cartuchos de  
caça

**0 unidades**



Copos

**1 unidade**



Espuma de  
isolamento

**65 unidades**



Fragmentos de  
esferovite

**126 unidades**

>2,5cm - 61 unidades; <2,5cm - 56 unidades; <5mm - 8 unidades



Fragmentos de  
plástico

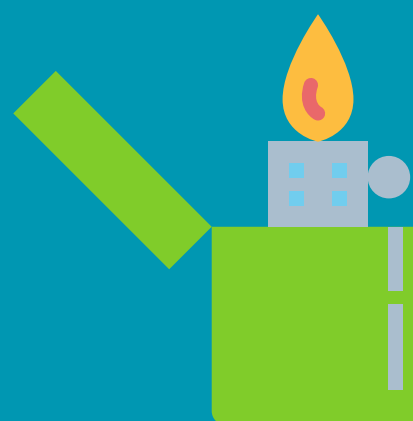
**755 unidades**

>2,5cm - 358 unidades; <2,5cm - 327unidades; <5mm - 70 unidades



Garrafas de  
bebidas (águas,  
sumos, iogurtes)

**10 unidades**



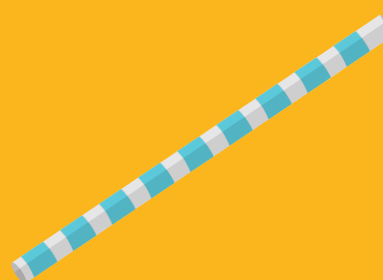
Isqueiros

**2 unidades**



Pacotes de batatas-  
fritas, bolachas,  
guloseimas

**6 unidades**



Palhinhas

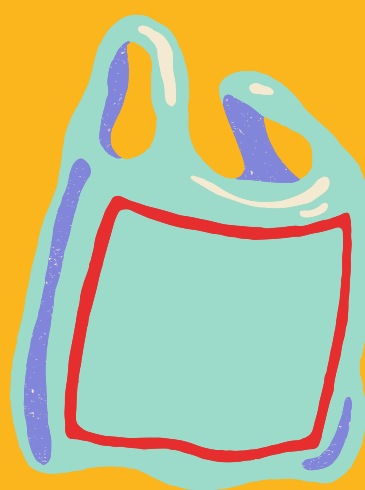
**36 unidades**

# PLÁSTICOS



Paus de chupa-  
chupa

**304 unidades**



Sacos de asas  
(compras) e  
invólucros

**13 unidades**

Invólucros - 9 unidades; Sacos de Asas (Compras) - 4 unidades



Sacos  
transparentes  
(finos)

**3 unidades**



Tampas e  
argolas de  
tampas

**133 unidades**



Tiras/Cintas de  
embalamento

**16 unidades**

# PAPEL/CARTÃO



Guardanapos e  
lenços de papel

**13 unidades**



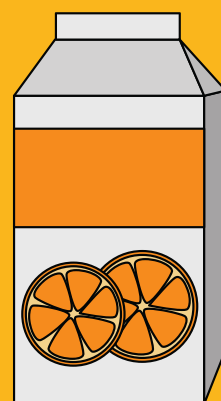
Jornais e  
revistas

**12 unidades**



Pacotes de  
tabaco

**13 unidades**



Tetrapacks  
(pacotes de leite,  
sumos...)

**11 unidades**



## METAL



Tampas de garrafas



**14 unidades**



Folha de alumínio

**2 unidades**

## BORRACHA



Balões, botas e luvas

**13 unidades**

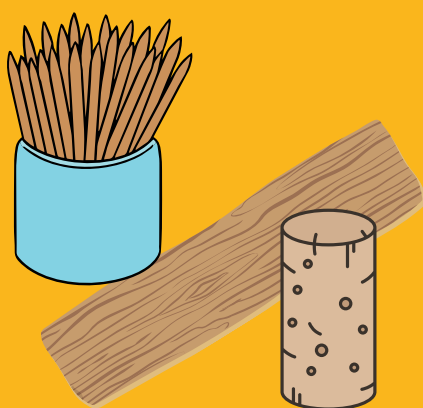
## TÊXTEIS



Roupa e tecidos

**1 unidade**

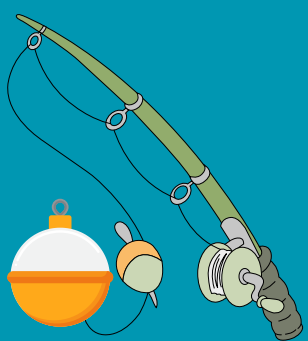
## MADEIRA PROCESSADA



Rolhas, tábuas e paletes, paus de gelado, palitos...

**14 unidades**

## ARTIGOS DE PESCA



Redes e fios, cordas, bóias, flutuadores, armadilhas ...

**50 unidades**

## OUTROS ITENS



Elástico do cabelo, rede de fruta, papel de gelado, brinquedos, velas, batom, lápis de cor, cortiça, algodão, preservativos...

**30 unidades**

**PERCEBESTE??!  
OU NÃO?**

**TESTA AQUI!**

