

category	issue/area	what to do	exacerbator
food & drink	water source	prefer tap to bottled water, ideally filtered tap water (eg reverse osmosis removes MNPs)	
food & drink	water transport	prefer all-plastic-free (including the lid) water bottles (those with plastic-free lids are harder to find but still widely available; eg Kleen Kanteen & Healthy Human have non-plastic lid options)	
food & drink	other cold drinks	prefer glass bottles to plastic or cans	
food & drink	straws	prefer metal straws or paper straws over plastic straws (including those built into lids of water bottles), or simply avoid straw use (drink liquids, use spoons for smoothies)	
food & drink	hot drinks	prefer steel, ceramic, or glass mugs/cups/tumblers/etc over plastic, styrofoam, or paper (eg common disposable/to-go paper cups, which contain plastic lining); hardest when getting hot drinks out to-go since it requires bringing a container with you	heat
food & drink	food storage	prefer glass containers, ideally with non-plastic lids (not necessary if container will stay level eg in fridge, but there are silicone & glass lids for some containers); do NOT heat plastic containers in microwaves	heat if microwaving in same container
food & drink	coffee brewing	pour-over & cold brewing can both be done entirely without plastic, and the new Aeropress Premium allows for Aeropress brewing entirely without plastic	heat
food & drink	tea brewing	some tea bags are made without plastic but others aren't, so look up which brands are which (many lists on the web) & prefer the non-plastic brands, or use loose leaf	heat
food & drink	take-out / to-go food	prefer paper to-go food containers (though they probably have plastic lining like to-go coffee cups), or better yet bring your own; do NOT reheat plastic containers in microwaves; ideally transfer out of plastic containers into glass as soon as home	heat
food & drink	cooking containers	prefer steel (or cast iron) cooking pots & pans over non-stick	heat
food & drink	cooking utensiles	prefer steel or wood (or maybe silicone) cooking utensiles (spatulas, spoons, etc.) over plastic	heat, abrasion
food & drink	dinnerware & utensils	prefer non-plastic dinnerware & utensils; easy at home so mostly an issue if packing meals to eat on the go eg a picnic where then the issue is more hassle to bring non-disposable stuff back home to clean later	
food & drink	cutting boards	prefer wood cutting boards over plastic	abrasion
food & drink	hand dishwashing	prefer natural-fiber cloths for manual dishwashing over plastic sponges, scrubbers, or nets	abrasion
food & drink	canned food	prefer glass jars over cans, or cook beans & lentils from dry & cook frozen/fresh veggies, since most cans use plastic linings; note: Eden Organics cans reportedly plastic-free	
food & drink	supermarket bags	don't put produce in plastic bags; prefer food packaged in non-plastic containers or unpackaged	
food & drink	food choices	MNPs seem to be found in many/most foods, but many reports suggest some foods have higher levels, notably fish (esp shellfish), processed foods (eg chicken nuggets), & alcohol, but not diving deep on this	
food & drink?	chewing gum	avoid or minimize chewing gum as it reportedly releases MNPs though I haven't looked into this deeply	abrasion
appliances	dishwasher models	prefer dishwashers with stainless steel tubs over plastic tubs	heat
appliances	dishwasher trays & holders	remove plastic utensil shelves & baskets and replace with all-metal utensil baskets (such as those available for hanging off of the side of air-dry dish racks)	heat
appliances	dishwasher soap	prefer powder or tablets not wrapped in plastic vs pods, whose clear wrappers are plastic-based	heat
appliances	cookers	prefer rice cookers, slow-cookers, & pressure cookers where no plastic touches the food	heat
appliances	water kettles	prefer water kettles where no plastic touches the water	heat
appliances	blenders, mixers, processors	prefer blenders, food processors, & mixers with no plastic parts touching the ingredients, i.e. glass containers instead of plastic (not sure if this is available for food processors)	abrasion
appliances	clothes washing	clean dryer lint filters carefully prevent lint spread; prefer air or line drying items that aren't 100% natural fibers; prefer lower-heat settings	
appliances	vaccuum cleaners	use ones with HEPA filters to catch MNPs in the environment	
appliances	air filters	use them, & HEPA probably slightly better than others	

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dental care & orthodonture	toothbrushes	get non-plastic toothbrushes, eg boar's hair bristles & bamboo handles are available, though uncommon	abrasion
dental care & orthodonture	floss	get non-plastic floss, eg silk floss is available, though uncommon, or possibly use water flossing though things like WaterPik push the water through a plastic device, though only very briefly	
dental care & orthodonture	braces	consider metal braces over plastic trays (eg Invisalign) given the time spent directly in mouth	abrasion, saliva?
dental care & orthodonture	retainers	consider metal-only retainer options over plastic retainers given long-term overall time spent directly in mouth	saliva?
fabrics	clothing	prefer clothing made entirely or as much as possible from natural materias/fibers such as cotton, wool, linen, silk over polyester & other synthenitcs	
fabrics	bedding	prefer bedding made of natural materials/fibers such as cotton, especially for pillow cases that will be near the mouth	
fabrics	towels	prefer towels, washcloths, & napkins made of natural materials/fibers such as cotton	abrasion
fabrics	rugs / carpets	prefer entirely or as much as possible natural fibers eg cotton over anything with plastic	
fabrics	yoga mats	prefer yoga mats made entirely of natural fibers; all-natural rubber, cork, & cotton mats are commonly available (and many eco-friendly yoga mat roundup reviews are available)	
landscaping	grass / lawn	prefer natural (living) grass or grass-alternative ground-cover over artificial lawns (aka astroturf); try not to touch turf then touch mouth if forced onto turf (eg by soccer games) & wash body & clothes after ideally	
notes	blood tests	there is no direct blood test (or any other test) to quantify the level of accumulated micro & nano plastics (MNPs) in a body, but note that Quest has a \$350 PFAS ("forever chemicals") test & these chemicals are somewhat related though not the same thing; it's not clear yet clear what if any clinical value this test has (if it's low, that doesn't necessarily mean one is free of accumulated MNPs, though if it's high that's probably a sign that there are things that could benefically be changed)	
notes	health not environment	this list is centered around health reasons to minimize plastic exposure rather than environmental reasons to minimize plastics in general, which would mostly be a superset of what's listed here	
notes	suggestions	anyone can insert comments on this sheet so maybe it can grow slowly via crowdsourcing, so feel free to suggest informed corrections, additions, or other elaborations; if too much stuff comes in, I'll probably need to shut that down; maybe try to make at most a few comments, then wait until I accept them or comment why I don't agree before adding more; would people like columns to name or link specific products?	
resources	forum	Reddit's r/PlasticFreeLiving	
resources	web pages	too many to list round ups of microplastics & tips about them	
resources	services	services to help people mitigate plastic in their homes & lives are starting to pop up, probably mostly as an extra aspect of existing services to minimize toxins or dangers to young kids in homes, eg ourmindfulhome.co (with the plastic angle emphasized in an article about them)	