



Fatal Conveniences™: Plastic Cutting Boards

[00:00:00] Intro to Plastic Cutting Boards

Darin: If you have listened to my podcast before, you know how I feel about plastic. 300 to 400 tons of plastic are produced globally every single year. I do everything I can to encourage all of you who listen to avoid plastic, but this one goes beyond water bottles and food wrappers and other single-use plastics. There's also common items in the home that are made from plastic that cause more harm than good when it comes to plastic cutting boards. You have been fed a whole lot of myths about the necessity of these over other ones. They may be cheap and easy to clean, but plastic cutting boards could be leeching toxins into your food. In this episode, we are going to dive into the kind of plastic used for cutting boards and what kind of chemicals goes into producing those cutting boards, and of course, we are going to explore what you can do instead.

[00:01:08] Podcast Intro

Welcome to Fatal Conveniences™ where we address the things, we may be doing in our daily lives that are actually harming us. And in some cases slowly killing us, tap water, Teflon, caffeine, blue light, food additives, you name it. We dive into it. We take a critical look at everyday products that really are affecting us and our bodies and the environment and how we can avoid them and find a solution. So, let's dive in.

[00:01:53] Fatal Convenience – Plastic Cutting Boards

Darin: What's up everybody? Thanks for tuning in to this Fatal Convenience Plastic Cutting Boards. I know that this may be obvious as you are now got a fatal convenience brain. You are scanning your world, you are looking around even right now, you are looking going, how am I using plastic? What may be affecting me through these plasticizers, these chemicals, these phthalates that are in all of these plastics. All we want to do is minimize our exposure.

[00:02:20] Using plastic cutting boards

Darin: Plastic cutting boards are crazy. When you actually think about it. You are cutting your food, your food's on it. It might be hot, it may be cold, whatever you are using your knife, you are literally cutting into the plastic, releasing more and more things. So it's crazy but you know the little history, the modern plastic, again, was invented in 1907. It's cheap. It's easy. It's easy to mass produce, create and mold almost anything, appliance accessories. I get it we are not going to get rid of all of the plastic, but what we want to do is eliminate the exposure of certainly what we are drinking, what we are eating, what our skin's exposed to, what we are breathing in. All of these things and a whole lot more, we want to minimize the exposure. Of course, it's easy to clean. They say it's more sanitary. All these things may sound good, but the exposure of microplastics in our human physiology is only increasing, and the studies are continuing to mount.



[00:03:25] The green-washing of plastic home products

Darin: Cutting boards, go all the way back to the 14 hundreds that they found in China and Europe. So of course we need cutting boards, but there's a lot of other things that you can use to minimize that. Of course, cleanliness is a whole other thing. So if you are using good, sustainable bamboo or other alternatives, which we'll get into, cleanliness is super important obviously. Listen, the plastic is super cheap, which makes it part of the fatal convenience because they make it cheaper and cheaper and cheaper, but it's from petroleum. They claim it's safer, it's not friendly to bacteria, which may be true, but the truth is they are not focused on the microplastics, they are just focused on the bacteria transfer. So there's a bunch of greenwashing here. The greenwashing is like, you can look up this and amazon.com eco cutting boards, right? The plastics will have environmentally friendly plastic. Are you kidding me? Environmentally friendly plastic cutting boards doesn't exist. There's no environmentally friendly plastic, I'm sorry, doesn't exist, that's a lie. Food safe, that's a lie because there's microplastics. It's impossible, it's filled full of petroleum and chemicals. It's impossible to be food safe by their definition of food safe, which is a bunch of BS, yeah. Then they put all these terms, which doesn't mean anything. It doesn't have a definition. BPA free, well listen, BPA free, all they do is make another BPH and all these other derivatives. So yeah, it may be BPA free, but they use other derivatives and chemicals that are doing the same thing. It's just not using BPA anymore. Hygienic, that's a lie. Odor resistant, doesn't matter if there's anti germ. All of these things are just buzzwords for you to do this. The truth is there's microplastics and toxic exposure to these cutting boards. Plastic material contains multiple additives in order for this to be what it is. Plasticizers, flame retardants, you heard me right? Flame retardants in your damn cutting board, stabilizers, pigments, chemicals that are reacting to other chemicals and whatever it is that you are throwing on it, reacting to your food. There's weird substances all over that break down into this product environmentally contaminating your food.

Darin: Poly, chlorinated, bisphenols, right? There's poly cyclical aromatic hydrocarbons, and then if you are consuming meats and heated foods and putting all this, now you are creating more of an opportunity for those chemicals to leach into your food. There's other chemicals beyond the BPA free stuff. There's a chemical called D E H A, which is linked to health problems like even liver damage.

[00:06:41] Studies of microplastics in plastic cutting boards

Darin: Here's a crazy study, the study was using ramen imaging and they showed that a hundred to 300 microplastics and nano plastics are generated per millimeter cut or 300,000 per millimeter squared. The bottom line is every time you cut, you are releasing microplastics in the environment and in your food. How crazy is that? Phthalates, of course, are used to strengthen the plastics and that's directly an endocrine disruptor. Fertility, developmental issues like this stuff's real people. You just think that you can't see it. Your body is a microsystem creating who you are. 70 trillion cells operating in a microsystem all the way up to the macrosystem of your biology. So the microsystems that you are being exposed to, do not underestimate how neutering these plastics are. So every time you cut releasing microplastics, that's affecting every cell of your body. Nano plastics are a major concern and



needs further studies because it is literally showing up in our blood more and more every day. we are consuming about a credit card's worth of plastic a week. This stuff is real and all of it is connected to neutering you and affecting your immune system and lowering testosterone and increasing estrogen. This stuff is no joke, plastic becomes knife scarred and the rough surface is exceptionally difficult to clean. So know these are not hypoallergenic like they are trying to do. Even bleaching this stuff, every time you cut this, you have just changed the whole thing. So yeah, of course they can harbor bacteria.

[00:08:48] Non-toxic alternatives

Darin: Here's what you can do. Invest in non-toxic, truly eco-friendly, sustainable chopping and cutting boards. Consider also using natural and organic rubber boards, but you have to be careful making sure with these companies that they are chemically free. Here's what you can do. Choose single piece hardwood sustainably harvested. That's a great one, right? Sourced from Food Steward Councils. F S C. These are certified boards. These are things like maple, walnut, oak, cherry, beech, teak, the pros. These are best and non-toxic cutting boards. They don't scar as much as the soft woods and the plastics, the antimicrobial properties. The con is there's typically harder and they can dull knives. Whoopy get a freaking knife sharpener, no big deal. Pinewood is a soft wood. It can be sustainably better and hygienic performance than plastic and indicates an antibacterial effect. This is also another good aspect, and also there's single piece bamboo that you can get which doesn't have glues and all of these other things. These are harder, these are more hypoallergenic and are great choices. There's also 100% sustainable natural rubber boards that you can use because the rubber is soft. It can protect your knives. The rubber is natural and sustainably harvested. There's also granite and marble cutting boards. Obviously they can dull knives and if you can afford it, they are beautiful in your kitchen. There's also tempered glass, which is fantastic cutting board. So invest in some of this stuff can be super good. And then one investment, and you don't have this microbiological, crazy chemicalized cutting board. we have got a lot of other choices in the show notes. So the bottom line is stay away from the damn plastic on the cutting boards. What you want to look at is eliminating your food, being in touch with plastic in any way. Do your best. Get rid of these plastics and just invest in a good single wood cutting board or a marble or a glass and then you are done, man. Just clean it and you are good. And then you don't have this toxic crap. Okay? You get it, you are on the fatal convenience tribe. Come on, you get it? You understand? I don't even need to do this anymore. you have now got your radar up. Make sure to like and subscribe this so that people are not being exposed to this, and plus shoot me messages. DM me on social. I try to stay up on that. Let me know what other fatal conveniences you are finding. Make sure to sign up for my newsletter. This is always something where I'm able and willing to put out more and more great information. Okay? Remember, I love you.

[00:12:08] Podcast Outro

That's it for today's Fatal Conveniences™. Thank you so much for tuning in. If you want this valuable information and email form, you can sign up for my fatal conveniences newsletter at fatalconveniences.com. I send out an in-depth breakdown of what we covered in each episode, every Monday after an episode airs. And if you make any changes in your life or



home from these episodes, I want to see them, tag me in your Instagram posts and show me how you are avoiding these harmful products and making better choices. It's awesome to see the impacts these episodes have. And I love seeing how creative my audience is. Remember small changes can have a big impact. Oh, and if you haven't had a chance to check out the interview I released earlier in the week, here's what you missed.

[00:13:05] Snippet – Ridding the World of Plastic Toothpaste Tubes

Lindsay: There are more sulfate free shampoos than there are sulfate free toothpaste. And it's like, wait. So, we understand that we shouldn't be using sulfate in our hair, but then we are going to brush our teeth with it and put it in our bodies. American Dental Association did a study. We swallow 5% of our toothpaste every time we brush our teeth, which is an entire blob every seven days. So, if you are not going to eat it, you shouldn't be using it.