Reducing aluminium intake can minimize potential health risks

The BfR's assessment shows that aluminium intake from food is lower compared to previous studies. Food is still relevant, but no longer the population's main source of intake. If other relevant sources of aluminium intake are taken into account, such as aluminium containing cosmetic products and uncoated food contact materials, the total intake can exhaust or even exceed the TWI for all age groups.

Consumers can influence their aluminium intake. Those who want to reduce their aluminium intake should use aluminium containing antiperspirants and toothpaste sparingly. When it comes to food, the BfR recommends a varied diet as well as alternating products and brands. This can contribute to reducing the risk of permanently high aluminium intake caused by individual highly contaminated products. The BfR recommends, also for other reasons, exclusively breastfeeding infants in the first six months of life, if possible. The BfR generally advises against the preparation and storage of, in particular, acidic and salty foods in uncoated aluminium articles or aluminium foil. If the aforementioned and avoidable sources of intake are reduced, most consumers are not expected to suffer any adverse health effects.

The BfR recommends that manufacturers take appropriate measures to reduce the amount of aluminium in food. These may include, for example, using raw materials with low aluminium content or coated materials for processing and packaging food. There is still a high level of uncertainty in aluminium risk assessment because important data is still missing or can be interpreted differently. This concerns, for example, the question of how much aluminium is actually absorbed through the skin as well as the possible occurrence of certain long-term consequences of chronic exposure to aluminium.

More information: Reducing aluminium intake
can minimise potential health risks. BfR Opinion No. 045/2019 of 18 November 2019 DOI: 10.17590/20191213-112240

Provided by BfR Federal Institute for Risk Assessment

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.