

CASE STUDY

What's in your yogurt?

Testing yogurts for differing microplastic loads

Key Takeaway

Unlike milk packaging, yogurt brands differ in both magnitude and composition—microplastics show up in everyday products, not just the environment.

The Question

It's tempting to assume products within a category behave similarly. This case study tests that assumption directly by comparing two single-serve yogurt brands side by side, processing entire cup contents with no subsampling.

The Impact

Microplastics show up in everyday products, not just the environment. Two single-serve yogurt cups in the same category had a nearly 3x difference in microplastic particle counts when tested with the same test method.

The Study

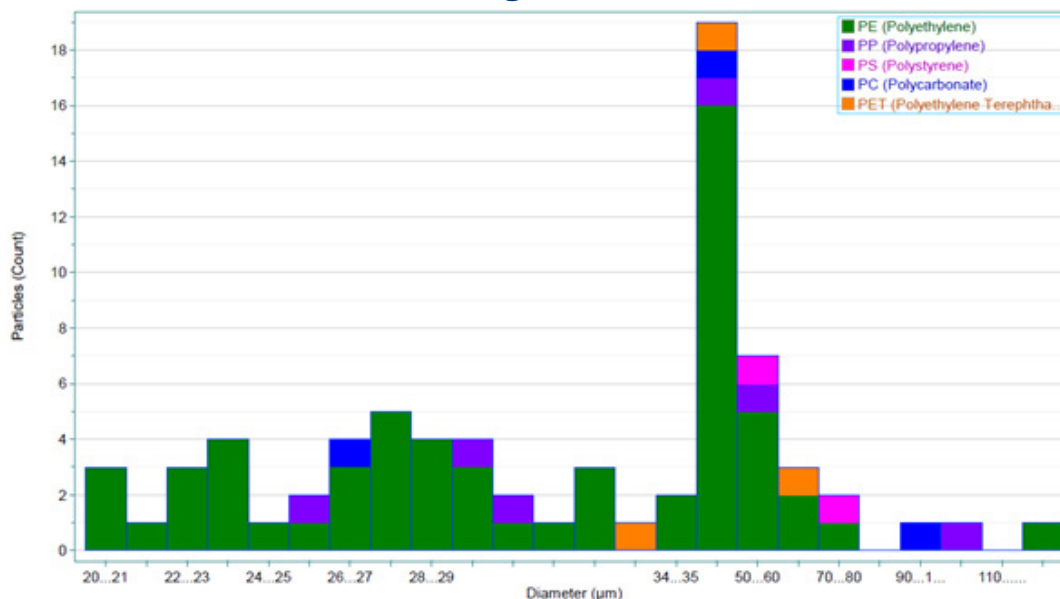
- Entire contents of each cup were processed by stacked sieving through a 500 μm sieve onto a 20 μm sieve.
- Particles retained were subjected to oxidative digestion followed by density separation to isolate the microplastic fraction.
- Recovered particles were then filtered onto the final filter/substrate for Raman analysis.

The Results

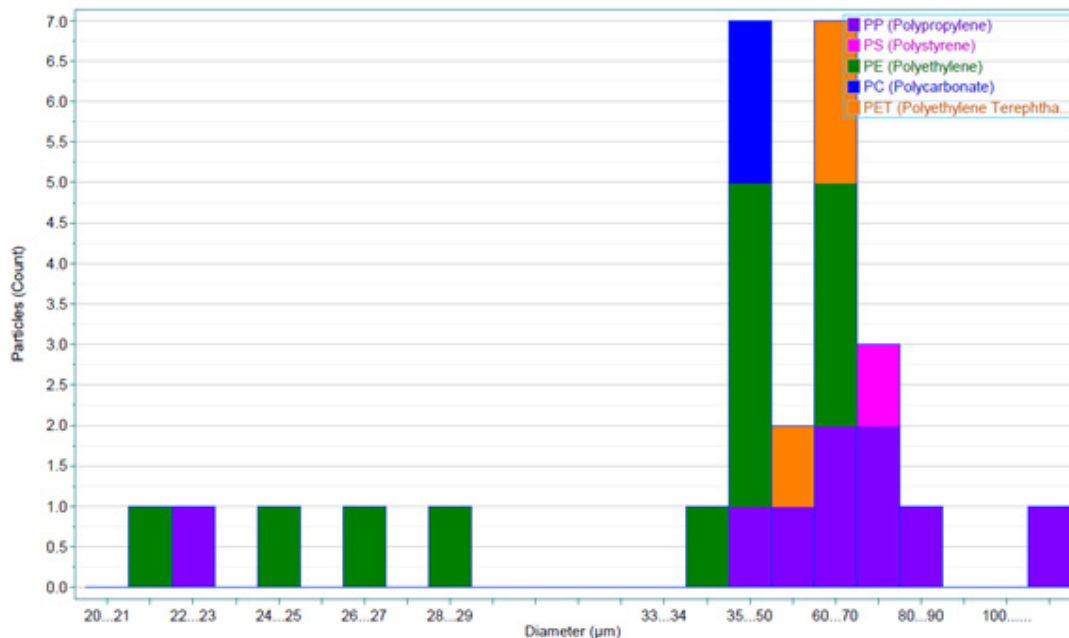
Yogurt-1 particle count	17
Yogurt-2 particle count	27
Magnitude difference	~3x
Yogurt-1 dominant polymer	PE (81%)
Yogurt-2 polymer profile	PE (41%) PP (33%) PET (11%)

Charts on following page

Yogurt-1



Yogurt 2



NOTE | Two brands, one sample each — a snapshot comparison rather than a category-wide survey.