

# BPA (Bisphenol A)

- ◆ Infertility
- ◆ Behavioral issues in children
- ◆ Certain types of cancer
- ◆ Heart disease
- ◆ Obesity
- ◆ Diabetes



This chemical has come under increasing scrutiny over the past few years, after dozens of independent studies have linked BPA to health issues such as infertility, behavioral issues in children, certain types of cancer, heart disease, and even obesity and diabetes in adults.

**Skip canned goods.** Even though some major brands have already switched away from using BPA-based liners in their canned goods due to consumer pressure, most have not. Plus, BPA-free cans may become contaminated with BPA because both versions are often made in the same plant. Bypass the issue by buying your food in glass jars or in sterilized cartons (the cartons used for boxed soups and soy milks).



**Avoid plastics.** Many No. 7 plastics contain BPA, but other plastics contain different harmful compounds, too. Your best bet is to avoid plastic whenever possible, say NO to all STEAM-ABLE BAGS and never heat plastic in the microwave or run it through the dishwasher. Use glass or ceramic dishes to cook and store your food, and use **biodegradable** paper plates for outdoor activities.



To  
YOUR  
Good  
Health

**Just say "no" to receipts.** Your skin readily absorbs the BPA coating from cash register receipts. So if you're buying a cup of coffee or something else you don't need a receipt for, skip it. If you work in a store at the cash register, wear BPA-free plastic gloves.