

TODAY  
THERE ARE MORE THAN  
**80,000**  
CHEMICALS ON THE MARKET,  
MANY WITH KNOWN OR  
SUSPECTED HEALTH EFFECTS.

.....  
chemicals are released into  
the environment in the  
manufacture and use of many  
products, which then enter our  
bodies through:

AIR, WATER, FOOD, AND SKIN

we are all exposed to various  
toxic chemicals in our every-  
day life, but there are ways  
to limit that exposure. here  
we provide some information  
on how to adjust your eating,  
living and purchasing habits to  
succeed in that goal.

.....  
GET IN THE HABIT OF  
READING LABELS & LEARN  
ABOUT HOW CHEMICALS  
AFFECT OUR HEALTH.



Basic principles of environmental health  
and toxicology are presented in the free  
e-book, A Small Dose of Toxicology. More  
about all issues mentioned in here can  
be found on the Silent Spring Institute  
website <http://www.silenspring.org>.

PROTECT  
YOURSELF

IN YOUR DRINKS AND FOOD

K E E P I N G  
H A R M F U L  
C H E M I C A L S

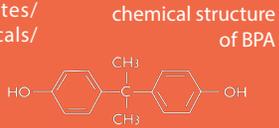
out of your life.

## 1. AVOID PLASTIC CONTAINERS THAT CONTAIN

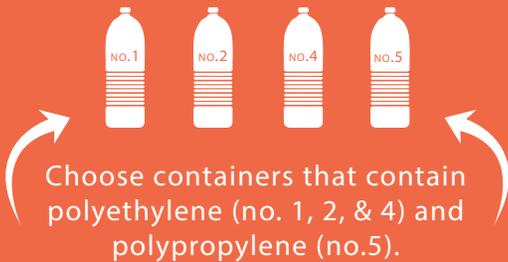
### BISPHENOL A (BPA).

Hormone disruptors, such as BPA, interfere with your body's natural hormones by blocking or mimicking them.

12 worst hormone disruptors:  
BPA/ Dioxin/ Atrazine/ Phthalates/  
Mercury/Perfluorinated chemicals/  
Perchlorate/  
Fire retardants/ Lead/  
Arsenic/ Organophosphate/  
Pesticides/ Glycol ethers



Avoid containers with no.3 (polyvinyl chloride, or PVC) & no.6 (polystyrene).



Keep all containers out of the heat & sun.



Carry your own glass, steel, or ceramic water bottle filled with filtered tap water.



Use glass baby bottles. Plastic bottles may contain other harmful chemicals, including BPA substitutes.



## 2. USE HEAT-RESISTANT GLASS OR LEAD FREE

### CERAMIC CONTAINERS IN THE MICROWAVE.



Microwaving foods in plastic accelerates the leaching of chemicals into your food.

## 3. USE POTS & PANS THAT ARE STEEL

### CLAD, ENAMELED, CAST IRON, OR ANODIZED

### ALUMINUM, & AVOID NON STICK COATINGS.

Perfluorooctanoic acid is a chemical used in manufacturing some products with nonstick and stain-resistant coatings.



## 4. REDUCE THE AMOUNT OF TIME YOUR

### FOOD IS STORED IN PACKAGING MADE WITH

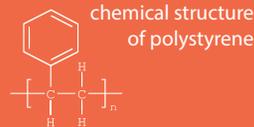
### PERFLUOROCTANOIC ACID (PFOA).

This carcinogen is used in the production of food packaging to make it resistant to grease, such as packaging used for pizza, microwave popcorn, and hundreds of other foods.

## 5. AVOID PRODUCTS MADE

### FROM STYROFOAM.

Styrene, a suspected carcinogen, is primarily used in the production of polystyrene.



Avoid storing acidic food and drink in polystyrene containers, as they can help the styrene leach into your food and drink.

## 6. PURCHASE ORGANIC FOODS

### WHENEVER POSSIBLE.

Many pesticides act as endocrine disruptors and are known to affect brain development and neurological function in humans.



Buy organic as often as possible. Trim fat and skin from meat and fish and let fat drain off after cooking. Harmful chemicals can accumulate in fat.

## 7. LIMIT HOW OFTEN YOU EAT FRENCH FRIES.

When starchy foods like potatoes are heated to high temperatures, the cooking process produces Acrylamide, a suspected carcinogen.

## 8. WHEN GRILLING FOODS, MINIMIZE CHAR

### BY REDUCING THE HEAT LEVEL AND BY

### USING MARINADES.

Char contains PAHs, or polycyclic aromatic hydrocarbons, which are known to cause mammary tumors in animals, and can also affect reproduction and the body's ability to fight disease.

## 9. LEARN THE PESTICIDE CONTENT IN

### NON-ORGANIC PRODUCE.

Highest pesticide load: apples, strawberries, grapes, celery, peaches, spinach, sweet bell peppers, nectarines

Lowest pesticide load: onions, frozen peas, cabbage, pineapples, frozen corn, avocados

If your budget for organic produce is limited, choose organic for those items that normally carry the highest pesticide load.