

# 12 TIPS TO REDUCE YOUR EXPOSURE TO BPA

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1

Look for “non-toxic” on the products you purchase and don’t be afraid to call the manufacturer and ask if the product contains BPA.

2

Eat fresh produce that doesn’t come pre-cut and wrapped in plastic. Enjoy your farmers market and pick up some nice fresh foods. You can even freeze them for later use.

3

Consider buying foods in glass jars. They are slightly more expensive, but you can reuse the jar for storage.

4

Buy frozen organic fruit if you can’t get it fresh.

5

Avoid any meat or dairy products wrapped in plastic.

6

Use dried beans instead of canned. It might be a little more work, but the taste makes up for it and it is also the healthier option.

7

Cook from scratch. This way you are avoiding lots of unnecessary processed foods and waste.

8

Try to avoid using plastic for storage. If you must use plastic, avoid #7 and use #4 instead. #1 and #2 are BPA-free, but some researchers do not recommend their reuse. Invest glass storage containers.

9

Keep your plastics cool and avoid heating them in the microwave. BPA and other chemicals have been known to leach into foods when heated.

10

When purchasing water bottles, use a glass water bottle or stainless steel. Same goes for reusable coffee and tea mugs.

11

When purchasing toys consider non-toxic wooden toys. If purchasing plastic toys, look for non-toxic/BPA-free.

12

Go paper-free with your receipts. They are very often printed on thermal paper, which contains BPA. Ask for your receipt to be emailed to you instead. Many parking tickets are made of the same thermal paper, so never put it in your mouth!