

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.

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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

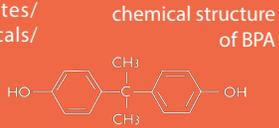
out of your life.

1. AVOID PLASTIC CONTAINERS THAT CONTAIN

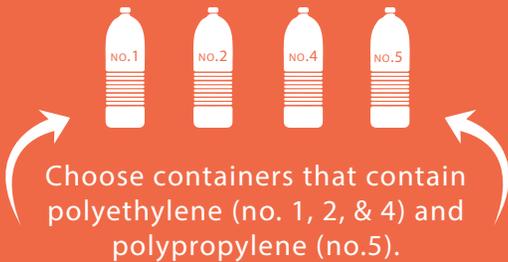
BISPHENOL A (BPA).

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

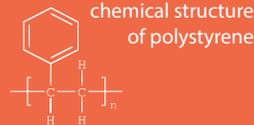
PERFLUOROCTONIC ACID (PFOA).

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.