

Plastics and Pregnancy: A focus on bisphenols

WHAT ARE BISPHENOLS?

Bisphenols such as Bisphenol A (BPA) are chemicals that look like & act like estrogen or other hormones and can disrupt the way the body normally works.

WHERE ARE BPA (AND OTHER BISPHENOLS) FOUND?

They are found in many every day products such as:

- Plastic baby bottles & sippy cups
- Plastic water bottles & sports bottles
- Plastic food containers
- Plastic wrap
- Lining of cans & canned foods
- Some shopping receipts

What possible health risks may be linked to bisphenol exposure?



Babies can be exposed to BPA during pregnancy through the placenta & amniotic fluid

In children exposed during pregnancy, some studies* suggest a higher chance of :



**pre-term
birth**



**changes to the
developing
brain**



**childhood
obesity**



asthma

**Research is still ongoing to fully understand all the health effects of bisphenols. In studies, scientists have found BPA in the bodies of nearly every person tested. Avoiding plastics completely is not realistic. It is still important to try to reduce your exposure to plastics like BPA, especially during pregnancy.*



The term "BPA-free" may not mean much because BPA is being replaced with Bisphenol S (BPS) and Bisphenol F (BPF). These may be just as harmful to your health, so try staying away from bisphenols in general

WHAT STEPS CAN YOU TAKE TO REDUCE YOUR EXPOSURE TO BISPHENOLS?

Choose fresh or frozen foods & drinks

- Eat fresh or frozen fruits and vegetables
- Buy food in cartons or glass jars instead of cans
- Use dried beans, legumes, & grains (instead of canned products)

Try to avoid :

- Avoid microwaving, boiling, and freezing plastics
- Avoid storing food in plastic containers
- Avoid using old or scratched plastic products
- Avoid touching paper receipts as much as possible (& wash your hands with soap and water after)
- Avoid plastics with labels 3, 6, and 7

Try to choose instead :

- Choose containers and water bottles made of glass, stainless steel, ceramic, & porcelain
- Choose email or text receipts instead of paper receipts
- Touch receipts with dry hands
- Try not to use hand sanitizer right before or after touching a receipt
- Breastfeed your baby when possible
 - Choose powdered formula instead of liquid formulas to feed your baby
 - If you need liquid formula, use bisphenol-free containers



Scan the QR code to learn more about BPA and how to reduce your exposure