

inspired

[to make healthy choices]



WHAT'S IN YOUR FOOD...CONTAINER?

PLASTIC FOOD CONTAINERS
are cheap, fast, easy...
and FILLED with
HARMFUL chemicals, or
endocrine disruptors.

(NUTRITION ACTION)

THERE ARE 3 KEY ENDOCRINE DISRUPTORS:

Perchlorate, Phthalates & Bisphenol A (BPA).

These can interfere with or change hormone levels. They can affect the signals the hormones send through our bodies and/or cause birth defects. (EPA)

Perchlorate can occur naturally in the soil. It is also manufactured in **plastic materials.**

Perchlorate exposure blocks the body's iodine intake, which it needs to make thyroid hormones that regulate how the body uses energy. (CDC)

**MICROWAVE IN GLASS OR CERAMIC
DUST & VACUUM OFTEN
CHOOSE FRAGRANCE-FREE PRODUCTS
REDUCE USE OF CANNED FOODS** (NIEHS)

Phthalates increase the flexibility in plastics like vinyl flooring, shower curtains & **food packaging.**

Exposure in adulthood can be linked to decreased fertility, alterations in sperm & decreased testosterone levels. (NUTRITION ACTION)

Bisphenol A (BPA) is an epoxy resin used to protect the insides of cans, jar lids, bottle caps and is in **baby bottles, food storage containers & water bottles.**

Research concludes that BPA affects the brain, behavior and prostate gland in fetuses, infants and children. (NIH)



Research shows that high levels of **BPA** can result in:

- **Obesity**
- **Type 2 Diabetes**
- **Heart Disease**
- **Cancer** (NIH)

