



Prescriptions for PREVENTION



Guidance from the Western States
Pediatric Environmental Health Specialty Unit

Bisphenols



Did you know?

Bisphenols, like "BPA", "BPS" and "BPF" are chemicals used to make plastic and are commonly found in food packaging and some clear plastic bottles. Bisphenols can negatively affect hormones responsible for healthy development, behavior, and fertility. Bisphenols can leach into foods and drinks over time, especially when containers are heated. Infants and young children have higher intake. Just because a product says "BPA free" doesn't mean it is free of other potentially harmful chemicals.



Do

- Use glass, or stainless-steel food and beverage containers when possible. Even "BPA free" products can still contain bisphenols or other potentially harmful toxics.
- Avoid plastics when feasible. Check the symbol on the bottom of plastic containers.
- If you must use plastics, codes 2, 4, and 5 are typically safer.
- Eat a well-balanced, fresh food diet, including organic foods like fruits and vegetables when possible.
- Wash hands with soap and water after playing and before meals.
- Ask your dentist about strategies to reduce BPA exposure in plastic dental sealants.



Don't

- Don't overconsume canned or processed foods and drinks in plastic containers. Some metal food cans may be BPA-lined.
- Don't use plastics with codes 1 (Bisphenols), 3 (phthalates), 6 (styrenes), and 7 (BPA).
- Don't store leftovers in plastic containers.
- Don't microwave food/beverages in plastic containers or with cling wrap.
- Never heat food that is still in its can (ex. Sardines, spaghetti), cans are frequently lined with plastic.
- Don't put plastic in the dishwasher.
- Don't put hot/warm liquids in plastics.
- Don't handle thermal paper like cash register receipts if avoidable.
- If handled, wash hands afterward.
- Don't assume plastics that say "BPA Free" are safe, many contain other chemicals that may still be harmful.



For more information, scan the code or visit

<https://wspehsu.ucsf.edu/curriculum-tools/prescriptions-for-prevention/>

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