



# Prescriptions for PREVENTION



Guidance from the Western States  
Pediatric Environmental Health Specialty Unit

## BPA Environmental Exposure



### Did you know?

**B**isphenol A (BPA) is a chemical used to make plastic and is commonly found in food packaging and some clear plastic bottles. BPA can negatively impact hormones in the body that are responsible for healthy development, behavior, and fertility. BPA can seep into foods and drinks over time, especially if the containers are heated. Infants and young children have higher intake of BPA.



### Do

- ✓ **Avoid canned or processed foods** and drinks in plastic containers. This may include some BPA-lined metal cans.
- ✓ **Purchase items that are BPA free** or use glass or stainless steel containers when possible.
- ✓ **Check the symbol on the bottom** of plastic containers, [avoid plastics marked 3 or 7](#).
- ✓ **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 store leftovers** in plastic containers.
- ✗ **Don't microwave food/beverages** in plastic containers or with cling wrap.
- ✗ **Don't put plastic** in the dishwasher.
- ✗ **Don't put hot/warm liquids** in plastics.
- ✗ **Don't handle thermal paper if avoidable** (ex. cash register receipts.)
  - ✗ If handled, wash hands afterward.



For more information, scan the code or visit  
[wspehsu.ucsf.edu/prescriptions-for-prevention-environmental-hazards](https://spehsu.ucsf.edu/prescriptions-for-prevention-environmental-hazards)

Material developed in partnership with the Environmental Research and Translation for Health (EaRTH) Center: <https://earth.ucsf.edu>