

# BPA

## What is it and why do I need to know?

BPA is the acronym for bisphenol A, and it is an industrial chemical that is used in plastic and resin production. BPA is located in epoxy resins which are used to line cans that contain canned foods. It is also found in polycarbonate plastics that are used to store food and beverages; such as water bottles.

Some research has found that BPA can seep into food or beverages from containers that are made with BPA. Exposure to BPA may have health effects on brain, behavior and infants and children. Additional research suggests a possible link to high blood pressure.

The FDA is continuing to review BPA and its possible health effects. The current statement of the Food and Drug Administration is that BPA is safe at very low levels. This assessment was based on hundreds of studies.

## What can I do to reduce my exposure?

**Use BPA free products.** Look for products labeled as BPA-free. If they are not labeled, plastic marked with a 3 or 7 recycle codes may contain BPA.

**Cut back on cans.** Reduce your use of canned foods since the cans are likely lined with BPA containing resin.

**Avoid heat.** A division of the National Institute of Health advises against microwaving polycarbonate plastics or putting them in the dishwasher, because the plastic may break down over time and allow BPA to leach into foods.

**Use alternatives.** Use glass, porcelain or stainless steel containers for hot foods and liquids instead of plastic containers.

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