



Important News about BPA

Recent news reports have warned of two chemicals: **BPA** (bisphenol A) and **PVC** (phthalates from polyvinyl chloride). These chemicals caused nerve and reproductive problems in animal studies. Over the next two years, the U.S. Department of Health and Human Services will further study the effects of these chemicals on animals and children.

Where are these chemicals found?

In the past, most baby bottles, sippy cups, water bottles, food containers, and the can linings of infant formula and other canned foods contained **BPA**. The plastic used to make teething rings and soft plastic toys contained **PVC**.

During the past year, most companies have removed these chemicals from baby bottles, pacifiers, and teething rings. The products are now labeled "**BPA free**" or "**PVC free**."

How to protect your baby if you are concerned about chemicals in plastic:

- **Breastfeed your baby.**
- **When buying new items for your baby:**
 - Buy glass bottles, or buy plastic bottles labeled "**BPA free**."
 - Buy baby bottle liners labeled "**BPA free**."
 - Buy pacifiers and teething rings labeled "**BPA free**" or "**PVC free**."
- **If you use older items:**
 - Throw away scratched plastic baby bottles and cups. They harbor germs and can release small amounts of **BPA** into your baby's food.
 - Avoid bottles or containers with the recycling marks 3, 7, or PC.
- **If you feed your baby formula:**
 - Choose powder rather than concentrate formula.
 - Avoid canned ready-to-use formula. If you must use it, feed at room temperature.
- **Heat causes more BPA to get into food. To protect your baby:**
 - **DO:** Sterilize bottles according to the instructions on the infant formula can. Allow bottles to cool to room temperature before filling with infant formula.
 - **DO:** Boil water for formula in a **BPA-free** container, then allow it to cool to lukewarm before mixing with powder or concentrate formula.
 - **DO:** Wash baby bottles by hand, not in the dishwasher.
 - **DO:** Warm filled bottles by running warm water over the outside of the bottle.
 - **DO NOT:** heat formula in plastic baby bottles.
 - **DO NOT:** heat baby food in plastic containers.