



BPA Free-

What Does It Mean & Benefits

BPA stands for bisphenol A. BPA is found in polycarbonate plastics and epoxy resins. Polycarbonate plastics are often used in containers that store food and beverages, such as water bottles.

You can take these steps to reduce your exposure:

- **Use BPA-free bottles.** Manufacturers are creating more and more BPA-free products. **Look for products labeled as BPA-free.**
- **Cut back on cans.** Reduce your use of canned foods since most cans are lined with BPA-containing resin.
- **Avoid heat.** Because the plastic may break down over time and allow BPA to leach into foods.

3141 W. Roosevelt Rd. • Chicago, Illinois • 60612 • 773-762-1090



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