








# Plastic Resin Identification Codes:

Symbol	Abbreviation	Polymer Name	
	PETE or PET	Polyethylene terephthalate also known as polyester.	Suspected cancer causing properties. Acetaldehyde was found to migrate into water. Does not clean well, do not reuse bottles.
	HDPE or PE-HD	High density polyethylene	Little research about these. No evidence of toxicity, endocrine disruption or estrogen mimics. Migration occurs with high temps and especially with fats or oils. HDPE generally exhibits the least migration. There is evidence of migration into food products, even dry foods.
	PVC	Polyvinyl chloride Think Plastic Wrap	Some but not all phthalates found in PVC (polyvinylchloride or Vinyl) may be considered harmful to fetuses and young infants in any concentration PVC's are suitable, if at all, only for older children. May have BPA.
	LDPE or PE-LD	Low density polyethylene	Few scholarly studies. No evidence of leaching.
	PP	Polypropylene	Stabilizers used in polypropylene are biologically active (potentially affecting nerve transmission) and tend to leach from the plastic.
	PS	Polystyrene Think convent store coffee cups and picnic plates	Is a mutagen, (carcinogenic or cancer causing effects), neurotoxic, cytogenetic (chromosomal and lymphatic abnormalities)
	OTHER or O	Other plastics, including acrylic, acrylonitrile polycarbonate	Polycarbonate (Lexan) is used extensively in food-contact utensils, including baby bottles, sports water bottles, food containers, and tableware. Its basic monomer is Bisphenol A (BPA), originally synthesized in the 1930's as an estrogen for pharmacological use. Some like PLA have no BPA and are considered safe.

## Reference:

<https://www.niehs.nih.gov/research/progrqams/endocrine/bpa-initiatives/index.cfm>

If you are concerned remember, there is on going research on BPA.

Some animals studies suggest that infants and children may be the most vulnerable to the effects of BPA parents and care givers, can make the personal choice to reduce exposures of their infants and children to BPA:

- Don't microwave polycarbonate plastic food containers. Polycarbonate is strong and durable, but over time it may break down from over use at high temperatures.
- Plastic containers have recycle codes on the bottom. Some, But not all, plastic that are marked with recycle codes 3 or 7 may be made with BPA.
- When possible, opt for glass, porcelain or stainless steel containers, particularly for hot food or liquids.
- Use baby bottles that are BPA free.



[www.facebook/naepc](http://www.facebook/naepc)

[www.naepc.com](http://www.naepc.com) 951-296-5595

# WATER BOTTLES



**Native American  
Environmental Protection  
Coalition**  
41185 Golden Circle Suite 209  
Murrieta, CA 92562  
Tel: 951-296-5595  
[naepc@naepc.com](mailto:naepc@naepc.com)

# What Is BPA?

BPA stands for bisphenol A. BPA is an industrial chemical that has been used to make certain plastics and resins since the 1960s. 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.
- Epoxy resins are used to coat the inside of metal products, such as food cans, bottle tops and water supply lines.
- Dental sealants and composites also may contain



## BPA.

Research has shown that BPA can seep into food or beverages from containers that are made with BPA.

Exposure to BPA is a concern because of possible health effects of BPA on:

- The brain,
- Behavior and prostate gland of fetuses,
- Infants and children.
- Possible link between BPA and increased blood pressure.

However, the Food and Drug Administration (FDA) has said that BPA is safe at the very low levels that occur in some foods. This assessment is based on review of hundreds of studies.

- **Use BPA-free products.** Manufactures are creating more and more BPA-free products. Look for products labeled as BPA-free. If a product isn't labeled, keep in mind that some, but not all, plastics marked with recycle 3 or 7 may be made with



## BPA.

- **Cut back on cans.** Reduce your use of canned foods since most cans are lined with BPA-containing resin.
- **Avoid heat.** The national institute of environmental Health Sciences, part of the National Institutes of Health, advises against microwaving polycarbonate plastic or putting them in dishwasher, because the plastic may break down over time and allow BPA to leach into foods.
- **Avoid heat from your water bottle.** Heat can



cause BPA to leach into your drinking water.

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

## Why Parents Should Be Concerned About BPA.

The evidence is not certain, FDA does recommend you take precautions against BPA exposure.

Limiting your child's exposure-and your own- is possible. It doesn't even have to be hard. Here are some tips on how to do it.

- Find products that are BPA-free. Many brands of bottles, Sippy cups, and other tableware prominently advertise that they are BPA-free.
- Look for infant formula that is BPA-free. If a brand does have BPA in the lining, some experts recommend powdered formula over liquid. Liquid is more likely to absorb BPA from the lining.
- Chose non-plastic containers for food. Containers made of glass, porcelain, or stainless steel do not contain BPA.
- Do not heat plastic that could contain BPA.