



Processed Foods and Plastic Bottles

Minimize your exposure to processed foods. Ham and bacon contain sodium nitrate, which may be harmful in large quantities. Plastic bottles may contain Bisphenol A (BPA), a synthetic chemical that interferes with the body's natural hormonal messaging system. Health advocates also recommend not reusing bottles made from plastic #1 (polyethylene terephthalate, also known as PET or PETE), including most disposable water, soda and juice bottles. Such bottles may be safe for one-time use, but reuse should be avoided because studies indicate they may leach DEHP—another probable human carcinogen—when they are in less-than-perfect condition. Use BPA free water bottles. Do not microwave food in plastic containers. Use only glass or ceramic dishes in the microwave oven.