
Bisphenol A (BPA)

What is it, and where is it found?

BPA is a chemical used in the manufacture of everyday products including: baby bottles, water bottles, canned foods and beverages - especially acidic fruits and vegetables, and sealants in dental fillings. BPA is found in rigid, transparent (may also be coloured) plastic products identified by a triangle with the number 7 in the center. Not all products containing BPA carry this identifying symbol.

What does it do?

BPA leaches from containers into the contents and is consumed along with the contents. Containers do not need to be heated for this to occur.

What is the risk?

BPA is a molecule that mimics estrogen in the body. Animal studies have linked long term exposure to infertility, early puberty and prostate and breast cancer.

Who is at risk?

Everyone is at risk in the long term, but infants and children and those with chemical and environmental sensitivities are particularly vulnerable.

What can we do?

Substitute all BPA products, or any that you suspect may contain BPA with non-toxic alternatives such as glass or stainless steel. Use fresh fruits and vegetables whenever possible. Alternatively select products that are packaged in glass or cardboard containers or that have been frozen when fresh.

Alternatives available in the marketplace (not an exhaustive list - suggestions only)

- Glassware containers available at retailers including Ikea and Loblaws.
- 'Born Free' baby bottles and sippy cups available at health food stores.
- 'Klean Kanteen' stainless steel bottles available at retailers including health food stores in three or four different sizes and price ranges.

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