

Tips to Avoid Phthalate Exposure



Phthalate (thal-ate)

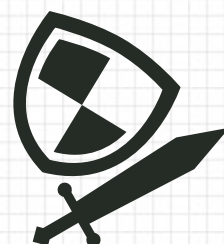


Harmful Effects of Phthalates:

- Hormones help control almost everything our bodies do. Phthalates interfere with our bodies' hormones.
- In children, exposure can cause defects in male sex organs, allergies, and rashes.
- In men, exposure can damage sperm.



How to Protect Yourself



Cosmetics & Personal Care Products



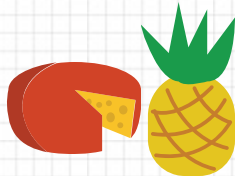
- Look for labels that say "phthalates free" and "fragrance free".
- Reduce your use of cosmetics, shampoo, and similar products. Less is more!

Plastics



- Whenever possible, use glass, stainless steel, ceramic, or wood containers.
- Avoid plastics with recycling codes 3 and 6.
- Do not microwave food/ beverages in plastic.
- Do not put hot liquids into any plastics.

Food



- Buy skim milk and low fat cheeses. Avoid cream, whole milk, and fatty meats as much as possible.
- Buy fresh or frozen fruits and vegetables when they're available.

