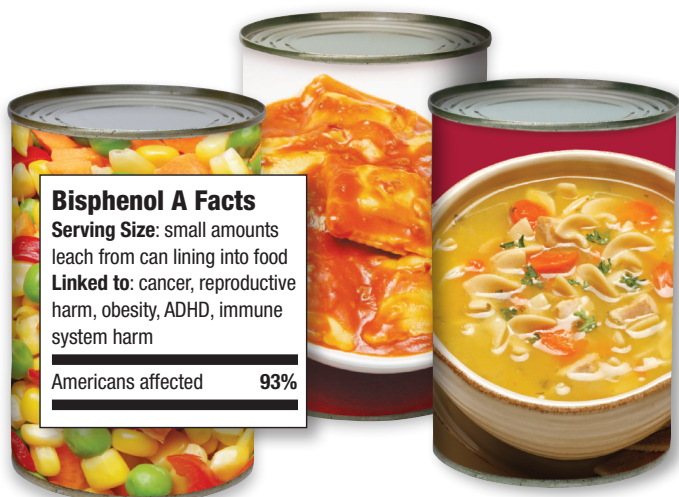


10 Canned Foods to Avoid to Reduce BPA Exposure



Bisphenol A Facts

Serving Size: small amounts leach from can lining into food

Linked to: cancer, reproductive harm, obesity, ADHD, immune system harm

Americans affected **93%**

Bisphenol A (BPA) is a toxic chemical used in the lining of most food cans. BPA is a synthetic estrogen linked to breast cancer, reproductive problems, obesity, ADHD, immune system harm and other serious health issues.

The good news is that you can reduce your BPA exposure by limiting consumption of canned foods. You'll especially want to avoid canned foods that are acidic, salty or fatty, because BPA is more likely to leach from can linings into these kinds of foods.

Download this tip card for friends and family at:
www.breastcancerfund.org/bpawalletcard

Detach this wallet-sized guide for easy reference while you're shopping. ✂

10 Canned Foods to Avoid to Reduce BPA Exposure*

- | | |
|----------------------------------|---------------------------|
| 1 Coconut milk | 6 Juice |
| 2 Soup | 7 Fish |
| 3 Meat | 8 Beans |
| 4 Vegetables | 9 Meal-replacement drinks |
| 5 Meals (e.g., ravioli in sauce) | 10 Fruit |

*based on testing of more than 300 products

Join us at: www.breastcancerfund.org



breastcancerfund



breastcancerfund