

Top 12 Endocrine Disruptors

Endocrine Disruptor	Sources	How to Avoid Them
Bisphenol A (BPA)	Plastic baby bottles, epoxy resins found in canned food linings	Eat fresh rather than canned foods, avoid plastics with recycling label #7
Dioxin	Conventional/CAFO meat, fish, milk, eggs, and butter	Consume organic vegetables and regenerative organically raised animal products
Atrazine	Corn, public/municipal drinking water	Consume organic produce, use a high-quality water filter
Phthalates	PVC plastics (plastic food containers and plastic wrap - recycling label #3), cosmetics	Avoid plastic food containers and wraps with recycling #7, use phthalate free cosmetics
Perchlorate	Rocket fuel, explosives, fireworks, road flares, public/municipal water	Use a high-quality water filter, consume iodine-rich foods
PBDEs (flame retardants)	Consumer products from TVs to mattresses, carpet padding	Wear an industrial mask if replacing old carpet, use a HEPA filter in your vacuum
Lead	Old paint	Wear a mask if doing home renovations
Arsenic	Public/municipal water, contaminated soil	Use a high-quality water filter, wash and peel vegetables
Mercury	Coal burning, contaminated seafood such as king mackerel, shark and swordfish	Eat sustainable, low-mercury seafood like wild salmon and trout
PFCs (perfluorinated chemicals)	Non-stick cookware, certain textiles, leather, water-resistant apparel/furniture/carpets, rubber, plastics	Use a cast iron or other non-toxic cookware that is not non-stick, beware of water-resistant coatings on furniture, clothing and carpets
OPs (organophosphate pesticides)	Conventionally raised produce and grains	Consume organic produce
Glycol Ethers	Degreasers, adhesives, cleaners, dyes, inks, water-based paints, lacquers, perfumes, cosmetics	Avoid products with ingredients such as EGBE (2-butoxyethanol) and DEGME (methoxydiglycol), opt for natural cleaning products.