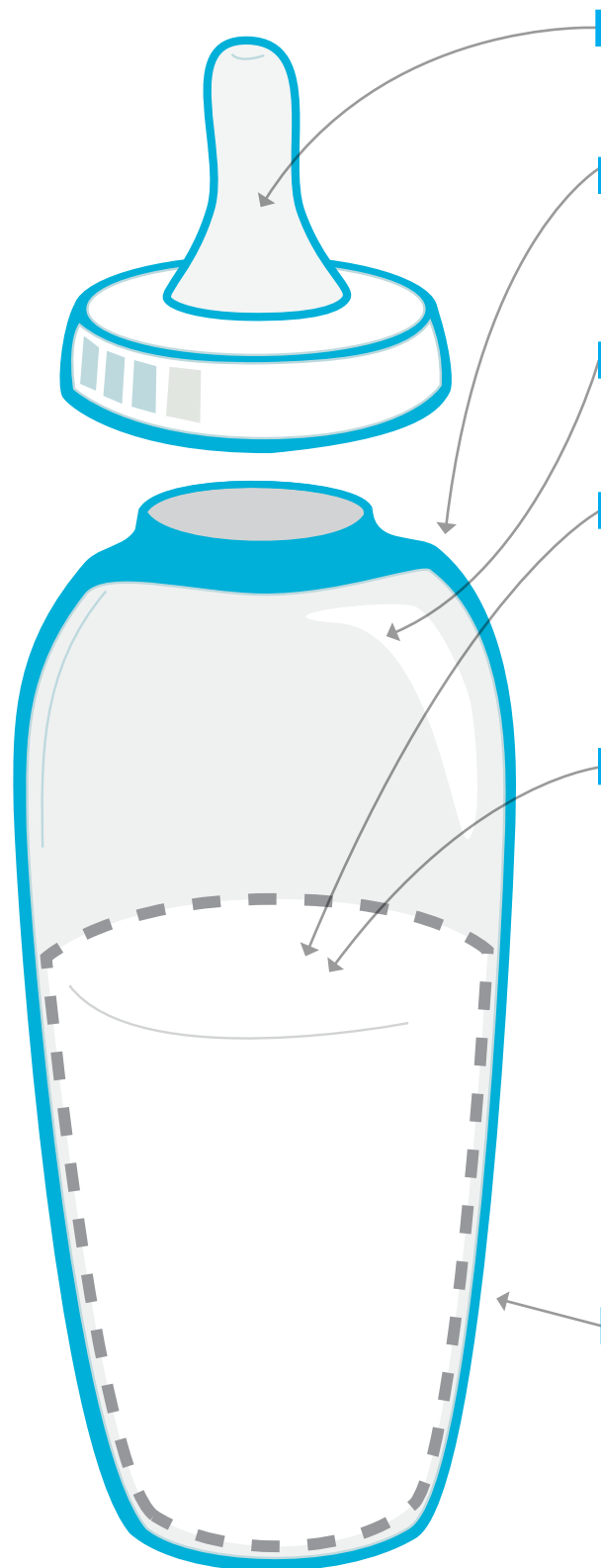


EWG's Guide to Baby-Safe Bottles and Formula

Breast milk is best, but whether you're feeding breastmilk or formula in a bottle, use this guide to feed your baby safely.



Nipple: Start with a clear silicone nipple.

Latex rubber nipples can cause allergic reactions and can contain impurities linked to cancer.

Bottle: Use glass.

Plastic bottles can leach a toxic chemical called bisphenol A (BPA) into formula and breast milk. Avoid clear, hard plastic bottles marked with a 7 or "PC."

Plastic bottle liners: Don't use them.

The soft plastic liners may leach chemicals into formula and breast milk, especially when heated.

Water: Use filtered tap water.

If your water is fluoridated, use a reverse osmosis filter to remove fluoride, which the American Dental Association recommends avoiding when reconstituting formula. If your water is not fluoridated use a carbon filter. If you choose bottled water make sure it's fluoride-free.



Formula: Choose powdered.

A toxic chemical called bisphenol A (BPA) can leach from the lining of metal cans and lids. Liquid formulas have higher levels. Powdered formula is a better bet.

FORMULA BUYING GUIDE

1. Your first choice should be powdered formula in a can with as little metal as possible, such as the brands in this order:

BETTER Nestlé, Enfamil & Similac powdered (BPA in top and bottom of can)

GOOD Earth's Best & Bright Beginnings powdered (BPA in entire can)

2. Second choice: concentrated liquid formulas

3. Avoid all ready-to-eat liquid formulas in metal cans

Heating: Warm bottles in a pan of hot water.

Microwaving can heat unevenly and cause chemicals to leach from plastic bottles into formula.



For more information, visit www.ewg.org/babysafe.