

Tips and advice to avoid endocrine disruptors:

- Eat more fruits and vegetables, less meat and dairy products because many endocrine disruptors accumulate in animal fat.
- Buy organic foods to avoid pesticides.
- Avoid using plastic containers for food or beverages. Choose glass, ceramic or stainless steel instead. Do not reheat food in plastic containers and recycle any worn or scratched plastic containers.
- Most aluminum cans contain BPA. Opt to purchase fresh, frozen or dried foods or food in glass containers.
- Say no to receipts, since thermal paper is usually coated with BPA.
- Read the labels of personal care products and avoid those that contain the terms: parabens, phthalates, triclosan.
- Avoid products that are highly perfumed as they likely contain phthalates.
- Avoid “antibacterial” products because they likely contain triclosan.
- Dust regularly with a damp cloth (including electronics) and vacuum often to remove dust that contains multiple endocrine disruptors.
- Replace damaged or worn out furniture.
- Buy products that have short and simple lists of ingredients.
- Simplify your life by consuming less!

Take Action

- Become a member of Breast Cancer Action Quebec and join our campaigns. Visit our website: www.acsqc.ca
- Write to the Minister of Environment and Climate Change to demand the reform of the Canadian Environmental Protection Act so that endocrine disruptors will be defined as toxic substances. **#fixCEPA**

For more information

- The Endocrine Disruption Exchange <https://endocrinedisruption.org/>
- Endocrine Disruptors Action Group <https://endocrinedisruptorsaction.org/>
- Environmental Working Group <http://www.ewg.org/research/dirty-dozen-list-endocrine-disruptors>
- The United Nations and World Health Organization’s 2012 Report www.who.int/ceh/publications/endocrine/en/



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HANDS OFF MY HORMONES!

TAKE A STAND AGAINST ENDOCRINE DISRUPTORS



TIPS AND ADVICE TO AVOID THEM



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