

# The **toxic nation** Guide to Plastics:

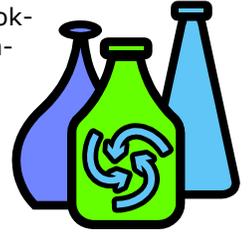
## helping you avoid toxic chemicals



**PETE**

**POLYETHYLENE TEREPHTHALATE:** soda bottles, water bottles, peanut butter jars, cooking oil bottles, oven-ready and microwavable meal trays, detergent containers. Other uses include textiles, carpet, and mouldings.

**AVOID:** can leach antimony, which is a suspected carcinogen. Don't reuse bottles.



**HDPE**

**HIGH-DENSITY POLYETHYLENE:** milk, juice and water jugs, detergent bottles, plastic bags, yogurt cups, shampoo bottles, cereal box liners. Also used in piping, injection moulding, wire and cable coverings.

**SAFER:** safer plastic for use as food and drink containers.



**V**

**POLYVINYL CHLORIDE:** water bottles, detergent and shampoo containers, cooking oil bottles, mouth wash bottles, take-out containers, plastic wrap, toys, piping, siding, flooring, and building materials.

**AVOID:** can contain and/or leach phthalates, lead, dioxins, bisphenol A, mercury, cadmium. Associated with carcinogens, hormone disruptors and adverse health effects.



**LDPE**

**LOW-DENSITY POLYETHYLENE:** grocery bags, container lids, plastic wrap, trash bags, food storage containers, coating for paper milk cartons and hot and cold drink cups, frozen food packaging, squeezable bottles. Also used in injection moulding, wires and cable covering.

**SAFER:** safer plastic for use as food and drink containers.



**PP**

**POLYPROPYLENE:** margarine, yogurt, syrup and other food containers, Rubbermaid, deli and take-out containers, straws, clouded plastic containers, bottle caps, medicine bottles. Also in fibers, appliances, automotive parts and carpeting.

**SAFER:** safer plastic for use as food and drink containers.



**PS**

**POLYSTYRENE:** disposable cups, plates, bowls and cutlery, take-out containers, yogurt containers, meat trays, plastic egg cartons, foam food containers, foam packing materials, aspirin bottles, toys, CD cases. Also used in electronic housings, insulation, coat hangers, and medical products.

**AVOID:** can leach styrene, a brain and nervous system toxicant, associated with adverse effects on red blood cells, liver, kidneys and stomach in animal studies. Styrene is also in second-hand smoke, car exhaust fumes, drinking water and off-gassing of building materials.



**OTHER**

**OTHER:** includes anything not found in the preceding numbers, or is a combination of these resins. Includes **POLYCARBONATE** plastic made with bisphenol A. Found in 3- and 5-gallon water bottles, milk jugs, baby bottles and sippy cups, reusable water bottles, citrus juice bottles, the lining of some tin food cans, oven-baking bags, custom packaging, dental sealants, pop cans, and eyewear. Also used in CDs, snowboards, and car parts.

**AVOID:** bisphenol A can leach from polycarbonate plastic, especially when heated. Bisphenol A is a hormone disruptor, linked to early onset of puberty, obesity, recurrent miscarriages, decreased sperm production, and is associated with breast and prostate cancer.



**For more information visit [www.ToxicNation.ca](http://www.ToxicNation.ca)**

