

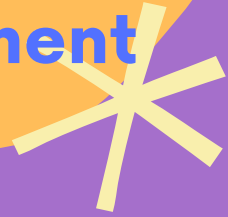
# Springtime Science

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.

## Our Chemical Environment

Part 2

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### Quick Tips:

- Our brains (especially developing brains) are sensitive to the environment and can have good and bad changes with these exposures
- Phthalate and BPA exposure during pregnancy and childhood can lead to cognitive changes like lower IQ, slowed sensorimotor development, and hyperactivity



# Reducing your exposure



## Personal care products

- Choose fragrance-free products. Note unscented is not the same as fragrance-free!
- Skim the ingredient list for phthalate, DEP, DBP, and DiBP and avoid if they are present.

## Water Bottles

- Choose glass and metal reusable bottles over plastic (disposable and non-disposable) bottles
- Note that reusable plastic bottles that are "BPA Free" can still contain similar replacements like BPF and BPS

## Food and Food Storage

- Use more glass and less plastic when storing food.
- Choose unpackaged foods over those which have a lot of plastic packaging.
- **DO NOT** microwave plastic food storage containers.



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## Next Week:

Stand Up Against Sitting  
Down: The Benefits of Sitting  
Less

Shelby Keye, MS



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