FOUR FOOD RELATED TOXINS TO AVOID

Whole Lifecycle NUTRITION

BPA

BPA (bisphenol A) is an endocrine-disrupting chemical.

- Use stainless steel, glass, or aluminum for water bottles and food storage.
- Use alternatives to plastic wrap.
- Choose BPA-free canned goods.
- Brew coffee in a glass French press instead of a percolator.
- Keep plastic out of the dishwasher, freezer, and microwave.



PESTICIDES

Repeated exposure to pesticides may contribute to health problems.

- Choose organic produce when possible.
- Remove some pesticides by washing produce under running water.



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Whole Lifecycle NUTRITION

HEAVY METALS

Even at low levels of exposure, heavy metals are associated with organ damage.

- Avoid fish with the highest mercury levels such as swordfish, bigeye tuna, shark, marlin, orange roughy, and King mackerel.
- Reduce the amount of arsenic in rice by rinsing dry rice multiple times and cooking in a large water:rice ratio.



FOOD DYES

Regular intake of foods with dyes have been linked to health problems.

- Look for foods with natural dyes like fruit and vegetable extracts.
- Limit or avoid ultra processed foods.
- Emphasize balanced choices.

