



EWG'S GUIDE TO BABY-SAFE BOTTLES & FORMULA

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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) leaches into liquid formulas.

Powdered formula does not have BPA.

FORMULA BUYING GUIDE

Choose powdered formula when possible, or liquid formula in glass or plastic containers.

Avoid all liquid formula 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.

