BPA IS A SYNTHETIC COMPOUND USED IN THE PRODUCTION OF POLYCARBONATE PLASTICS AND EPOXY RESINS. IT CAN BE FOUND IN PLASTIC FOOD CONTAINERS, THE INSIDES OF TIN CANS AND CANNED BEVERAGES, ON THE METAL LIDS OF MASON JARS, PLASTIC GLASSES AND CUTLERY, FLASKS, TOYS, ELECTRONIC PRODUCTS.

ADVERSE HEALTH EFFECTS
BPA, TOGETHER WITH OTHER FACTORS, MAY HARM HUMAN HEALTH.

It might have carcinogenic potential
It can disturb the development of the nervous system of foetuses
It can lead to hyperactivity
It can cause autism
It can lead to obesity
It can cause infertility
It can cause PCOS or endometriosis
It is a risk factor for diabetes

ADVICE FOR AVOIDING BPA

Check the labels of plastics before buying them! Those marked with codes 3 or 7 might contain BPA.
Don’t heat food or drinks in plastic containers!
Buy fresh or frozen vegetables and fruits!
Keep your food and drink in glass, stainless steel or ceramic containers instead of plastic!
Look for BPA-free children’s toys!
Don’t give receipts or mobile phones into the hands of little children!

National Public Health Center, Hungary