



# EWG'S GUIDE TO BABY-SAFE BOTTLES & FORMULA

[ewg.org/babysafe](http://ewg.org/babysafe)

**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.

