

Ways to Reduce Personal Exposure to Endocrine Disrupting Chemicals (EDCs)

EDCs are widespread in our environment. While government regulations are key to reducing exposure, there are steps you can take to protect your health at home and in your daily life.



WATER

Use glass or stainless steel bottles for drinking water instead of plastics.

Consider water filters for drinking and cooking at home.

Use resources like EWG's Tap Water Database to learn about water contaminants in your area.

ewg.org/tapwater



FOOD

Eat organic foods when possible.

Prepare meals using fresh, minimally processed ingredients. Limit processed food, fast food, and takeout.

Avoid foods and beverages in metal cans.

Avoid single-use plastic products, including utensils, plates, and packaging.

Choose cast iron or stainless steel cookware. Avoid nonstick products.

Use glass, stainless steel, or ceramic containers when storing or reheating food. Avoid plastic and styrofoam.

Choose wooden cutting boards instead of plastic.



HOME

Choose nontoxic beauty products: avoid parabens, phthalates, PFAS, and formaldehyde.

Avoid air fresheners and synthetic fragrances.

Choose EPA Safer Choice, Green Seal, or EcoLogo certified cleaning products. Avoid quaternary ammonium, antibacterials, and fragrances.

Choose 100% natural fiber bedding and towels such as cotton, linen (flax), or hemp. Avoid polyester, nylon, acrylic, and microfiber.

Avoid stain- and wrinkle-resistant products.

Reduce the use of plastic, especially in children's toys and products.

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