








Symbol Abbreviation Polymer Name

	PETE or PET	Polyethylene terephthalate also known as polyester.	Suspected cancer causing properties. Acetaldehyde was found to migrate into water. Does not clean well, do not reuse bottles.
	HDPE or PE-HD	High density polyethylene	Little research about these. No evidence of toxicity, endocrine disruption or estrogen mimics. Migration occurs with high temps and especially with fats or oils. HDPE generally exhibits the least migration. There is evidence of migration into food products, even dry foods.
	PVC	Polyvinyl chloride Think Plastic Wrap	Some but not all phthalates found in PVC (polyvinylchloride or Vinyl) may be considered harmful to fetuses and young infants in any concentration PVC's are suitable, if at all, only for older children. May have BPA.
	LDPE or PE-LD	Low density polyethylene	Few scholarly studies. No evidence of leaching.
	PP	Polypropylene	Stabilizers used in polypropylene are biologically active (potentially affecting nerve transmission) and tend to leach from the plastic.
	PS	Polystyrene Think convent store coffee cups and picnic plates	Is a mutagen, (carcinogenic or cancer causing effects), neurotoxic, cytogenetic (chromosomal and lymphatic abnormalities)
	OTHER or O	Other plastics, including acrylic, acrylonitrile polycarbonate	Polycarbonate (Lexan) is used extensively in food-contact utensils, including baby bottles, sports water bottles, food containers, and tableware. Its basic monomer is Bisphenol A (BPA), originally synthesized in the 1930's as an estrogen for pharmacological use. Some like PLA have no BPA and are considered safe.

Choose safer plastics:¹



Plastics to avoid:^{2,3}

