



Shopping Cheat Sheet

OBESOGENS

PRINT THIS OUT OR DOWNLOAD IT TO YOUR PHONE TO KEEP HANDY
WHILE SHOPPING

Parabens

Buy products labeled "paraben-free"

Avoid ingredients that end in -paraben on the label (butylparaben, methylparaben, ethylparaben, propylparaben, isobutylparaben)

Triclosan

Avoid "antibacterial" or "antimicrobial" products

In addition to triclosan, avoid products with Irgasan, Lexol 300, and Ster-Zac, and triclocarban

Avoid brand names Microban and BioFresh

BPA

Buy stainless steel or glass reusable water bottles

Look for a 1, 2, 4, or 5 recycling code on the bottom if using plastic water bottles (avoid anything with a 3, 4, or 7)

If buying canned foods, shop for these BPA-free brands (find a list [here](#))

Buy glass food storage containers (such as Pyrex)

Phthalates

Avoid products with the words "fragrance," "parfum," or "other."

Look for products that say "Phthalate-free," "scented only with essential oils," or "no synthetic fragrance."

Buy organic produce, meat, and dairy as much as possible to reduce phthalate exposure from pesticides.

Flame Retardants

Avoid buying flame-resistant clothing (especially popular in children's PJs).

Avoid products with the TB-117 label.

When shopping for upholstered furniture, mattresses, or pillows, buy materials such as down, wool stuffing, or polyester fiberfill in place of polyurethane foam.

PFCs

Avoid stain-resistant furniture and carpet.

Don't buy microwave popcorn; buy an air- or stove-popper.

Choose stainless steel or cast iron over non-stick cookware.

Avoid products with "fluoro," "perfluoro," or "PTFE" on the label (this includes some cosmetics).