

EWG's Guide to Baby-Safe Bottles and Formula



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Breast milk is best for feeding your baby safely, but even if you're using formula, **EWG has some important tips for baby-safe bottles that avoid harmful chemicals:**

NIPPLE

Start with a clear silicone nipple.

Latex rubber nipples can cause allergic reactions and can contain impurities linked to cancer.



BOTTLE

Use glass or stainless steel.

Polypropylene plastic bottles – marked with a 5 or “PP” – can shed microplastics into breast milk or formula. Older polycarbonate plastic bottles – clear, hard plastic marked with a 7 or “PC” – can leach a toxic chemical called bisphenol A (BPA). Newer polycarbonate plastic bottles may contain BPA replacements that are just as harmful.



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.

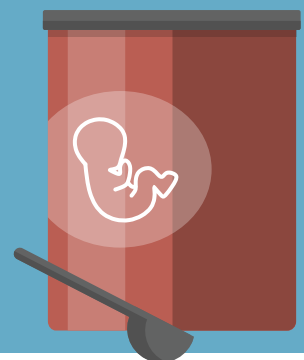
If your water is fluoridated, use a reverse osmosis filter to remove fluoride, which the American Dental Association recommends avoiding when reconstituting formula. If your water is not fluoridated, use a carbon filter. If you choose bottled water, make sure it's fluoride-free.



FORMULA BUYING GUIDE

Choose powdered formula or liquid formula in glass containers, when possible.

Avoid all liquid formula in metal cans, because the chemicals that line the cans are poorly disclosed and have not adequately been assessed for their safety.



HEATING

Warm bottles in a pan of hot water. Microwaving can heat unevenly.

