

# Cancer Prevention

## TOP 5 CANCER-CAUSING CHEMICALS TO AVOID FOR CANCER PREVENTION

Cancer-causing chemicals can lurk in almost any everyday product you can imagine: candy, toys, clothes, hair dyes, pet food and more. **Reducing your exposure to items that have potentially harmful ingredients is a great way to safeguard your health.**

This can seem a daunting task when you're shopping. So EWG is offering a list of what we consider the five worst cancer-causing chemicals in our daily lives to avoid.

## 5 CONTRIBUTORS TO CANCER RISK

### 1. TOXIC "FOREVER CHEMICALS" IN CONSUMER PRODUCTS

The highly toxic "forever chemicals" known as PFAS can be found in a vast array of consumer products and industrial applications. Even very low doses of PFAS in drinking water have been linked to **increased risk of testicular and kidney cancer**, in addition to **other health harms**.

#### WHAT YOU CAN DO

Avoid anything stain-, wrinkle- or water-resistant, such as nonstick pans, stain-resistant upholstery, spill-proof children's products and toys, rainproof outerwear and waterproof and long-lasting cosmetics. Check out **EWG's Guide To Avoiding PFAS Chemicals** for more tips.

### 2. CONTAMINANTS IN YOUR TAP WATER

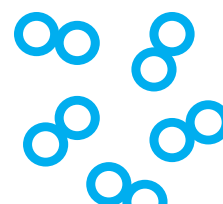
What's in your drinking water? **EWG's Tap Water database** highlights how drinking water quality varies widely across the U.S. Yours might be contaminated with one or more contaminants linked to cancer, including nitrate, arsenic, PFAS and uranium.

#### WHAT YOU CAN DO

Buying a home water filter is the most economical and reliable option for improving water quality at home. **EWG's water filter guide** can help everyone find the right filter for their budget.

### 3. ARTIFICIAL FOOD COLORS

Two in five food products contain artificial coloring chemicals that can possibly harm your health, **research has found**. Red 3, has been linked to cancer, but is **allowed in thousands of foods marketed to kids**, including some types of popcorn, hot chocolate mix, candy, snack mix, plus many strawberry- or cherry-flavored foods.



**Titanium dioxide**, makes foods a brighter white, and it may also **increase the risk of cancer**. It's found in popular candy, as well as coffee creamer, sauces and dressings.

#### WHAT YOU CAN DO

Study labels and stay away from ingredients with names like Red 3 and Blue 1. These chemicals might also appear with "Lake" in their name, such as Lake Allura Red.

**EWG's Food Scores** database rates more than 80,000 foods in a simple, searchable online format, helping shoppers find products without these potentially unsafe ingredients.

### 4. PESTICIDES IN PRODUCE

Lowering exposures to pesticides from produce also reduces a person's mortality risk from cancer, **according to research** published by scientists from the Harvard T.H. Chan School of Public Health.

A diet that includes fruits and vegetables is essential for health and lowering your cancer risk. But nearly three-quarters of produce sold in the U.S. contains residue of potentially harmful pesticides, according to **EWG's Shopper's Guide to Pesticides in Produce™**. That doesn't include pesticides found on other food, such as **oats, rice, wheat** and **beans**.

#### WHAT YOU CAN DO

Choose organic fruit and vegetables, whenever possible. Consult **EWG's Dirty Dozen™** list of fruits and vegetables that have the highest traces of pesticides, and try to buy organic when possible to lower the risk of exposure to these chemicals. Our **Clean Fifteen™** list reveals the items with the least pesticide residue, and they're OK to buy non-organic if necessary.

### 5. HAIR COLORANTS AND RELAXERS

Many studies point to a connection between hair treatments and cancer, particularly hair colorants and relaxers. Some ingredients that have been or still are used in hair dyes are considered **"reasonably anticipated to be human carcinogens,"** according to the National Toxicology Program.

#### WHAT YOU CAN DO

More research is needed, but avoiding hair dyes and relaxers is a great step for cancer prevention.

**EWG's Skin Deep®** database rates more than 80,000 personal care products in a simple, searchable online format, helping you find products without potentially unsafe ingredients.

