

The Potential Risks of Plastic Bottles

Plastic sports drink and water bottles have been getting a lot of bad press lately, due to the fact that some may contain BPA. A few studies have shown that this chemical could leach into the contents of the container- allowing us to drink it! Official research on the effects of BPA in both animals and humans has been lacking, and there is no definitive answer to just how harmful this BPA can be for us. To be on the safe side, there are certain tips you can follow to reduce the risk for BPA finding its way to food or drinks near you!

- Wash your bottles by hand, rather than in the dishwasher. The heat and detergent can speed up the breakdown process of the bottle.
- Avoid microwaving foods in plastic containers that are not deemed safe for microwave use.
- Check the bottom of your plastic bottle or container for the recycling number. It will be inside a small triangle. Number 7 is what you want to be on the lookout for, as this is the type of plastic that could contain BPA. Other numbers, such as 1, 2, & 4 do not.

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