



Bisphenol A (BPA) in Canned and Bottled Foods and Beverages

Why am I being warned about potential exposure to bisphenol A?



- Bisphenol A is on the [Proposition 65](#) list because it can harm the female reproductive system, including effects on ovaries and eggs.
- Proposition 65 requires businesses to determine if they must provide a warning about exposures to [listed chemicals](#).

What is bisphenol A?

BPA is a widely used chemical. It is used in some protective coatings, including some linings that prevent rust, corrosion, and contamination in metal food and drink cans. Some jar lids and bottle caps also have these linings.

How does exposure to bisphenol A from canned foods and beverages occur?



How can I reduce my exposure to bisphenol A from canned foods and beverages?

- ✓ Eat more fresh food and less canned food, if possible.
- ✓ Choose foods or drinks in glass containers rather than metal cans, if possible. Among canned foods and drinks, those in glass containers may have less BPA than those in metal cans.
- ✓ Draining and rinsing canned foods such as fruit, vegetables, or beans may reduce the amount of BPA in the food.
- ✗ Do not heat foods or drinks in the can.

For more information:**General BPA Fact Sheets and Resources:**

- U.S. Food and Drug Administration (U.S. FDA)
 - ▶ Bisphenol A (BPA): Use in Food Contact Application
<http://www.fda.gov/food/ingredientspackaginglabeling/foodadditivesingredients/ucm064437.htm>
 - ▶ FDA Continues to Study BPA
<http://www.fda.gov/downloads/forconsumers/consumerupdates/ucm297971.pdf>
- National Toxicology Program (NTP)
 - ▶ Bisphenol A (BPA)
http://www.niehs.nih.gov/health/assets/docs_a_e/bisphenol_a_bpa_508.pdf
- National Institute of Environmental Health Sciences (NIEHS)
 - ▶ Bisphenol A (BPA)
<http://www.niehs.nih.gov/health/topics/agents/sya-bpa/index.cfm>
- Centers for Disease Control (CDC)
 - ▶ Bisphenol A (BPA)
http://www.cdc.gov/biomonitoring/pdf/BisphenolA_FactSheet.pdf
- Biomonitoring California
 - ▶ Bisphenol A (BPA) Fact Sheet
<http://www.biomonitoring.ca.gov/sites/default/files/downloads/BisphenolAFactSheet.pdf>
- The French Agency for Food, Environmental and Occupational Health & Safety (ANSES)
 - ▶ Assessment of the Health Risks of Bisphenol A (updated 09/04/2013)
<https://www.anses.fr/en/content/assessment-health-risks-bisphenol-0>
- European Food Safety Authority (EFSA)
 - ▶ Bisphenol A
<http://www.efsa.europa.eu/en/topics/topic/bisphenol>

Proposition 65:

- California Environmental Protection Agency (CalEPA)
Office of Environmental Health Hazard Assessment (OEHHA)
 - ▶ Proposition 65: Background
<https://www.p65warnings.ca.gov/faq>
 - ▶ Proposition 65: The List
<https://www.p65warnings.ca.gov/chemicals>