

Question

DID YOU KNOW:

Meat consumption in the U.S. is more than **3X** the global average and 22% of meat consumed in the U.S. is processed?

What typical, “kid friendly” meal actually puts children at nine times greater risk of developing childhood leukemia?

- Macaroni and Cheese
- **Hot Dogs**
- Peanut Butter and Jelly
- Chicken Fingers

Citation: [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3045642/? tool=pubmed](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3045642/?tool=pubmed)



Question

DID YOU KNOW:

Lead can be found in a range of **cosmetic products** you use everyday?

What popular make-up product, when tested by the U.S. Food and Drug Administration, was found to contain lead?

- Blush
- **Lipstick**
- Mascara
- Eyeshadow

Citation: [http://www.safecosmetics.org/article.php?id=292;](http://www.safecosmetics.org/article.php?id=292)

fold

Explanation:

Dietary exposure to cured/smoked meat and fish may be associated with leukemia risk through their contents of nitrites and nitrosamines among children and adolescents.

Suggestion:

Limit your intake of hot dogs. Eating vegetables and soy-bean curd may be protective against leukemia.

Citation: Liu CY, Hsu YH, Wu MT, Pan PC, Ho CK, Su L, Xu X, Li Y, Christiani DC, Kaohsiung Leukemia Research Group. Cured meat, vegetables, and bean-curd foods in relation to childhood acute leukemia risk: a population based case-control study. Retrieved June 26, 2012 <http://www.ncbi.nlm.nih.gov/pubmed/19144145>.

Explanation:

Both the Campaign for Safe Cosmetics and the U.S. Food and Drug Administration have conducted studies that found lead in lipstick. Recent science has concluded that there is no safe level of lead, which is a neurotoxin that can cause learning, language and behavioral problems.

Suggestion:

Buy cosmetics that list all of their ingredients. Check product ratings on Skin Deep. (www.ewg.org/skindeep/)

Citation: [http://www.safecosmetics.org/article.php?id=292;](http://www.safecosmetics.org/article.php?id=292)



Question

DID YOU KNOW:

Rates of **pancreatic cancer** have increased approximately **1.5% each year** since 2004?

True or false: Eating one extra sausage or about 3 slices of bacon per day increases a person's risk of pancreatic cancer by 19%?

- True
- False

Citation: <http://www.cancer.org/Cancer/PancreaticCancer/DetailedGuide/pancreatic-cancer-key-statistics>



Question

DID YOU KNOW:

Dioxins, being fat-soluble, accumulate in breast milk before being passed on to nursing infants during critical growth periods?

Humans primarily consume dioxins through what types of food?

- Vegetables and Fruits
- Soda and Potato Chips
- **Meat and Dairy Products**
- Rice, Pasta and Breads

Citation: Schmidt, C. Diet and Dioxins. Environmental Health Perspectives, 2004, 112:1-A41-43.

fold

Explanation:

Recent research has suggested that one of the reasons eating processed meat, such as bacon, increases the risk of pancreatic cancer could be that some of the chemicals that are used to preserve processed meat are turned in to some really harmful chemicals once inside our bodies. This can increase the chance of cancer. Other research has indicated a link between processed meat and other kinds of cancer, including colorectal cancer.

Suggestion:

Reduce your intake of processed meat.



Citation: <http://www.preventcancer.com/consumers/food/hotdogs.htm>

Explanation:

Dioxins, a highly toxic group of chemicals that have been linked to increased cancer risk, accumulate in the human body through the food we eat and are mainly found in meat and dairy products. Animals are usually exposed to dioxins from the air settling on their food. Dioxins accumulate in the fatty tissue of animals, and the longer that animal lives, the greater the build-up. Dioxins can be passed on to infants through the mother's breast milk.

Suggestion:

Reduce your consumption of high fat meats and dairy products such as butter, cheese and ice cream.



Citation: http://www.bbc.co.uk/health/physical_health/conditions/dioxins.shtml and <http://www.healthychild.org/issues/chemical-pop/dioxins/>



Question

DID YOU
KNOW:

Perfluorinated compounds (PFCs) have been around since the 1950s and **have a long half-life**, which means that they stick around for years after a good amount of exposure?

True or false: The added convenience of “wrinkle free” clothing also means that cancer-causing chemicals may have been added?

- True
- False

Citation: <http://pollutioninpeople.org/toxics/pfcs/>
<http://www.epa.gov/oppt/existingchemicals/pubs/actionplans/pfcs.htm>



Question

DID YOU
KNOW:

PVC is a **soft plastic** containing chemical phthalates that **disrupt the body's hormonal balance?**

True or false: The U.S. has banned the use of PVC in soft vinyl toys?

- True
- **False**

Citation: <http://www.ewg.org/chemindex/term/480>

Explanation:

The U.S. Environmental Protection Agency (EPA) says that PFCs (chemicals added to clothing to make them “no-iron” or “wrinkle free”) are cancer-causing compounds. These chemicals may be absorbed or inhaled directly from synthetic fabrics. They are also present in non-stick cookware.

Suggestion:

Stay away from acrylic, polyester, rayon acetate, triacetate and nylon. Avoid anything labeled static resistant, wrinkle resistant and permanent press, no-iron, stain proof or moth-repellent.

Citation: <http://www.sixwise.com/newsletters/05/12/21/the-6-synthetic-fabrics-you-most-want-to-avoid-and-why.htm> and <http://www.sixwise.com/newsletters/05/12/21/the-6-synthetic-fabrics-you-most-want-to-avoid-and-why.htm>

Explanation:

Recent studies suggest that almost 42% of children’s toys in North America contain PVC, a soft plastic which contains toxic chemicals like phthalates. Since 1997, bans on phthalates in soft vinyl toys have taken effect in Austria, France, Greece, Mexico, Norway and Sweden.

Suggestion:

Look for PVC-free materials. Look for toys and children’s products labeled PVC, phthalate and lead free. Look for the number 3 inside the triangle on plastic items and avoid them.

Citation: <http://www.badplastics.com/toxic-chemicals-in-plastic-toys.html> and <http://www.chej.org/wp-content/uploads/Documents/PVC/PVC-Guide-1.pdf>



Question

DID YOU
KNOW:

Fructose is found in high fructose corn syrup, which is commonly used in processed food and beverages or soda?

Eating too much fructose, which is found in high fructose corn syrup, drastically increases the risk of developing what type of cancer?

- **Pancreatic**
- Breast
- Lung
- Ovarian

Citation: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3045642/?tool=pubmed>

cut



Question

DID YOU
KNOW:

There are a number of potentially toxic ingredients in some of your most commonly used personal care products, including the heavy metal, aluminum?

Aluminum, a potentially toxic heavy metal, may be a common ingredient in which daily-use personal care product?

- Anti-perspirant
- Toothpaste
- Astringent
- **All of the above**

Citation: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3045642/?tool=pubmed>

fold

Explanation:

A study conducted by the School of Public Health, Imperial College, London, found that each additional 25 grams of fructose per day was associated with 22% increased risk of pancreatic cancer.

Suggestion:

Drink less soda and fruit juices and eat more whole fruits and vegetables. Avoid canned or bottled beverages and avoid fast food.



Citation: http://www.foodconsumer.org/newsite/2/Cancer/fructose_pancreatic_cancer_0501120636.html and <http://www.wikihow.com/Avoid-High-Fructose-Corn-Syrup>

Explanation:

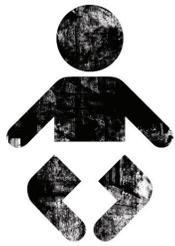
Aluminum compounds are active ingredients in many anti-perspirants, toothpastes and astringents and may enter the body and accumulate in tissue via ingestion and through the skin.

Suggestion:

Read the labels on your products carefully and check for aluminum or aluminum zirconium tetrachlorohydrate. Look for aluminum free deodorant.



Citation: <http://www.naturalcosmeticnews.com/toxic-products/dangerous-chemicals-in-deodorant-antiperspirant-a-detailed-review-of-the-chemicals-research-avoidance-tips/http://www.livestrong.com/article/209407-what-personal-hygiene-products-can-aluminum-be-found-in/>



Question

DID YOU
KNOW:

Bisphenol A (BPA) is a synthetic toxin, and **more than 90%** of all people have **BPA in their bodies?**

True or false: BPA was detected in 16 of 20 liquid baby formula samples tested by the U.S. Food and Drug Administration?

- True
- False

Citation: <http://www.ewg.org/node/25572>



Question

DID YOU
KNOW:

MSG intake is associated with a significant **increase in systolic blood pressure and diastolic blood pressure?**

True or false: MSG is always labeled by its name, "monosodium glutamate," on food labels?

- True
- False

Citation: Retrieved June 28, 2012. <http://www.ncbi.nlm.nih.gov/pubmed/21372742>

fold

Explanation:

Concentrations detected ranged from less than 1 part per billion (ppb) to 17 ppb in the baby formula samples, with an average of 5 ppb. Although the data from the FDA are now 10 years old, the Environmental Working Group (EWG) found no information indicating that formula containers had changed significantly. However, as of July 2012 the U.S. Food and Drug Administration officially banned the use of BPA in baby bottles and sippy cups.

Suggestion:

Replace plastic baby bottles with BPA free plastic or glass bottles.
Buy powdered formula or look for formula sold in BPA free plastic

Citation: <http://www.ewg.org/node/25572>
<http://www.nytimes.com/2012/07/18/science/fda-bans-bpa-from-baby-bottles-and-sippy-cups.html>

Explanation:

"MSG" is often "hidden" on food labels under names such as "autolyzed yeast," "maltodextrin," "hydrolyzed pea protein," and "sodium caseinate."

Suggestion:

Read food labels carefully and limit your intake of MSG.

Citation: <http://www.truthinlabeling.org/II/WhereIsMSG.html>