How much is too much? Toxins are IN, ON & AROUND Us

DID YOU KNOW that a carcinogen is any kind of substance or agent that causes cancer?
DID YOU KNOW 90% of cancer is environmental and lifestyle related? And it turns out the home is the most toxic place WHERE we spend the most time!

We may not have control over a lot of things, but we do control what we bring into our homes and gardens!

Become aware of what you’re putting IN, ON & AROUND you!

CHECK the labels on the products you use and visit trashcancer.org/check to research your products.

CHOOSE options for change.

CHANGE by taking a small step toward a healthier lifestyle.

IN
What are you eating and breathing?
Check for:
• Sodium nitrites in processed meats
• Dioxins in meat and dairy
• Tobacco in the air you breathe
• rBGH or rBST in milk
• BPA in plastic bottles and canned food linings

ON
What personal care items are you putting on your skin?
Check for:
• Formaldehyde in baby shampoo
• Triclosan in toothpaste
• Lead in lipstick
• Aluminum in anti-perspirants
• 1,4 dioxane in liquid soap

AROUND
What are you using to clean your house? What are you using in your garden?
Check for:
• Phthalates in cleaning products
• PVC in kids’ toys
• PFCs in non-stick coatings
• Flame Retardants in polyurethane foam padding
• 1,4 dioxane in laundry detergent

Label Reading
1 Ingredients are listed in order of volume, so the first 3 ingredients are the ones that matter most.
2 Stay away from complex-sounding words.
3 Food ingredient lists don’t have to mention all of the chemicals that could be included, like pesticides.
4 Buy organic or fresh and look for the USDA organic seal.
5 Don’t buy anything with “poison,” “danger,” or “fatal.”

My Commitment
One small step toward change

www.cancerschmancer.org