



POCKET GUIDE



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 cancerschmancer.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
