

Concern over BPA continues

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Concern over BPA exposure is on the rise. Certain companies have made it a priority to remove BPA from their can liners and other companies have not. A recent report put-out by *Green Century Capital Management*, **As You Sow**, titled: *Seeking Safer Packaging 2010*, graded certain companies on their motivation and active planning to remove BPA from their canned food liners.

The full 20-page report can be viewed at:
<http://www.greencentury.com/bpareport2010.pdf>

Companies that received an A grade were:

- H.J. Heinz
- Con Agra
- Hain Celestial

General Mills scored a B+, and Nestle scored a B.

Sara Lee, McCormick and Campbell have all scored a C.

View the full report for those with failing grades.

BPA stands for *Bisphenol A* found in polycarbonate polymers and epoxy-based enamels and coatings. It's found in hard plastic bottles, thermal plastic receipts, and metal-based food and beverage cans. There has been a lot of talk about this chemical lately and how it may or may not negatively affect health, specifically reproductive health.

According to the [FDA](#), BPA approvals in conjunction with food contact were approved more than 40 years ago. However, today there exists "hundreds of different formulations" which may cause a need for some regulatory updating.

In an article listed by [Health and Human Services \(HHS\)](#) in 2008, BPA exposure is still considered too minimal to cause reproductive health concerns. They also stated that some of the testing that produced negative results was conducted under "unrealistic conditions." Another concern stated by the FDA had to do with inconsistencies in research where different studies use different experimental designs. But, the article **did** recognize the need for more research and now they are making these concerns more of a priority.

Most stores that sell food in the **Greater Ann Arbor Area** stock canned foods that do have BPA containing liners. Some practical steps for reducing BPA exposure:

- gradually convert to glass baby bottles and leftover dishes.
- eat fresh as often as possible reducing the need for canned foods.
- review the above report and only purchase from **A** graded companies.

Be Well!



BPA in canned food liners
Photo: Chris Hondros/Getty Images