

Plastic Number Guide



■ Safest choice ■ Use with caution ■ Steer clear! (avoid)



Polyethylene Terephthalate (PET or PETE).

Health Concerns: No hot water, 1 time use because cleaning can release chemicals.



High-Density Polyethylene (HDPE)

Health Concerns: No known health concerns.



Polyvinyl Chloride (PVC). Softened with phthalates, with hormone mimicking effects.

Health Concerns: Avoid non-rigid, never microwave, air-out hot cars. Especially bad for women of childbearing age.



Low-density polyethylene (LDPE).

Health Concerns: No known health concerns.



Polypropylene (PP)

Health Concerns: High heat (Microwave, dishwasher drying) may release unspecified additives.



Polystyrene (PS), Styrofoam

Health Concerns: Long term exposure to small amounts can be harmful. No Styrofoam food or beverage containers. No plastic silverware.



OTHER (Varies) may be Polycarbonate (PC)

Health Concerns: Polycarbonate (PC) is derived from PBA an endocrine disruptor