

How to Tell Plastics Apart: By the Numbers

- **#1 PETE or PET** (polyethylene terephthalate): *Used for most clear beverage bottles. (Safe)*
- **#2 HDPE** (high density polyethylene): *Used for "cloudy" milk and water jugs, opaque food bottles. (Safe)*
- **#3 PVC or V** (polyvinyl chloride): *Used in some cling wraps (especially commercial brands), some "soft" bottles. Studies show that PVC can leach chemicals of concern into foods it comes into contact with, especially fatty foods when heated. It is also particularly toxic to the environment throughout its lifecycle. (Avoid)*
- **#4 LDPE** (low density polyethylene): *Used in food storage bags, some cling wraps and some "squeeze" bottles. (Safe)*
- **#5 PP** (polypropylene): *Used in opaque, rigid containers, including some baby bottles, and some cups and bowls. (Avoid)*
- **#6 PS** (polystyrene): *Used in Styrofoam "clam-shell"-type containers, meat and bakery trays, and in its rigid form, clear take-out containers, some plastic cutlery and cups. Studies indicate that PS may leach toxic styrene into foods with which it has contact. (Safe)*
- **#7 Other** (usually polycarbonate): *Used in 5-gallon water bottles, some baby bottles, some metal can linings. Studies show that polycarbonate has leached suspect chemicals into foods and liquids it contacts during storage and regular use. (See Unpalatable Plastics) (Avoid)*