

Dietary Rule #7 What to drink from or not

The bottom line: drink from glass bottles or stainless steel bottles.

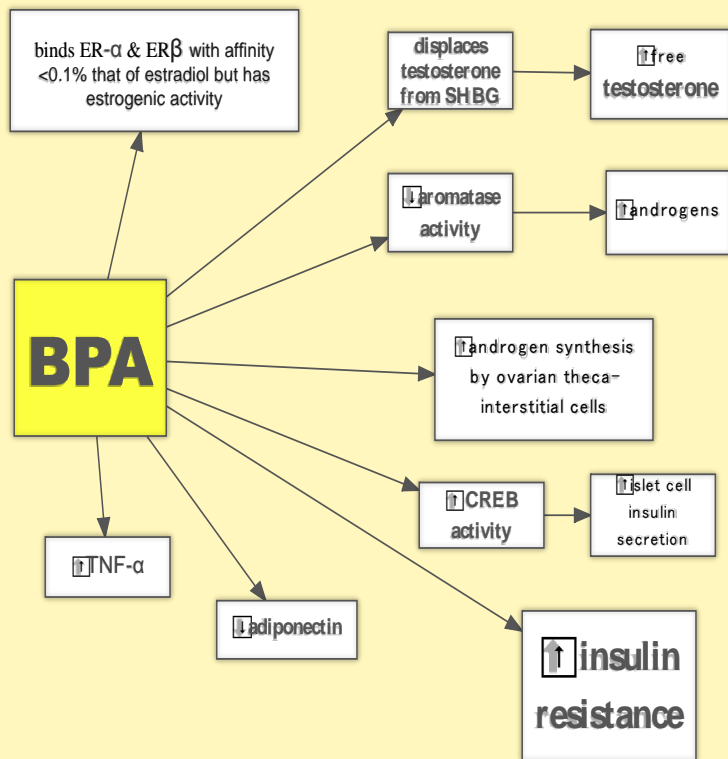
The problem with plastic bottles and metal cans

Bisphenol A is an industrial chemical used to produce plastic bottles (eg., water bottles) and line the inside of metal cans (eg., soda cans, any food sold in a metal can). It is a ubiquitous environmental chemical. BPA is a known steroidal hormonal disruptor, but also a factor in pancreatic dysfunction, and thus diabetes. BPA increases lipogenesis, which leads to increased adiposity. Adipose tissue is a source of numerous inflammatory cytokines that are upregulated by obesity. One **anti-inflammatory** cytokine produced by fat is adiponectin, which is down-regulated by BPA and obesity.

BPA can seep into food or beverages from containers that are manufactured with BPA.

Do not be fooled by the label BPA free. Manufacturers have simply replaced the BPA with bisphenol-S (BPS) or bisphenol-F (BPF). Even small concentrations of BPS and BPF may disrupt the function of your cells in a way similar to BPA.

Rutkowska, A. and D. Rachoń, *Bisphenol A (BPA) and its potential role in the pathogenesis of the polycystic ovary syndrome (PCOS)*. *Gynecol Endocrinol*, 2014. **30**(4): p. 260-5.



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