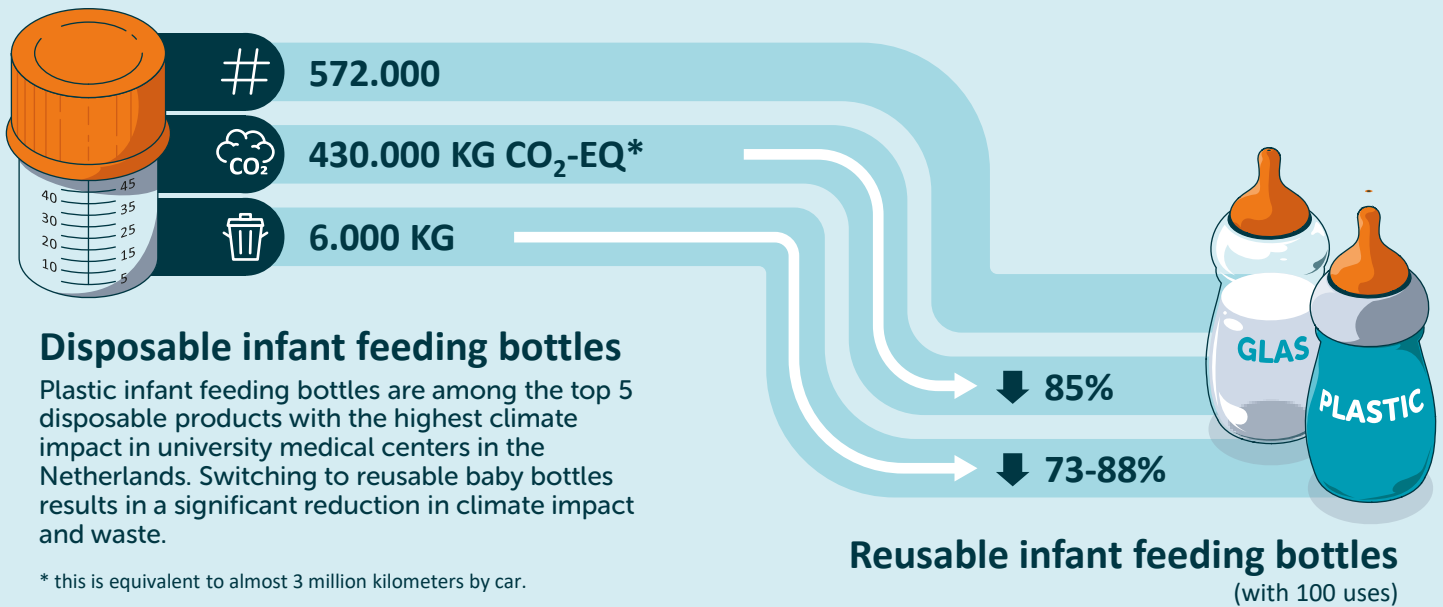


Glass infant feeding bottles for a healthy start

From disposable to reusable



Use glass reusable infant feeding bottles to reduce babies' exposure to microplastics and additives



CLIMATE IMPACT

The climate impact of glass or plastic reusable infant feeding bottles is 85% lower (with 100 uses) compared to plastic disposable infant feeding bottles. The climate impact of glass and plastic is similar.



NUTRITIONAL QUALITY

The material of the infant feeding bottle, glass or plastic, does not affect the nutritional quality.



MICROPLASTICS AND ADDITIVES

When using disposable and reusable plastic infant feeding bottles, microplastics and additives are released.

1

WHAT ARE MICROPLASTICS EN ADDITIVES?

Microplastics are small plastic particles (smaller than 5 mm).

Additives are substances added to plastic, such as plasticizers, that improve the properties of plastic (e.g., flexibility or color).

2

HEALTH EFFECTS

The exact health effects of microplastics have not yet been established. However, babies are more vulnerable and are relatively more exposed than adults. Some additives are known to have hormone-disrupting effects.

Based on the precautionary principle, we therefore advocate limiting exposure to microplastics and additives as much as possible.

Reduce exposure to microplastics and additives if plastic infant feeding bottles continue to be used

HEATING

Avoid unnecessary heating of plastic infant feeding bottles.

Exposure to heat can damage the plastic, causing more microplastics and additives to be released.

- TIP** Do not heat plastic baby bottles with formula above 35°C.
- Do not heat plastic baby bottles in the microwave (even if they are suitable for it).
- TIP** Do not expose plastic baby bottles to sunlight.
- TIP** Sterilization (glass and plastic) is not necessary for babies with a normal gestational age and birth weight.

WEAR AND TEAR

Replace reusable plastic infant feeding bottles when visible wear occurs, such as scratches or dull plastic.

Prolonged use and wear lead to an increase in microplastics, and bacteria can more easily adhere to the bottle's surface.

- TIP** Rinse baby bottles with cold water after use and clean them carefully.

Together for a healthy and sustainable hospital

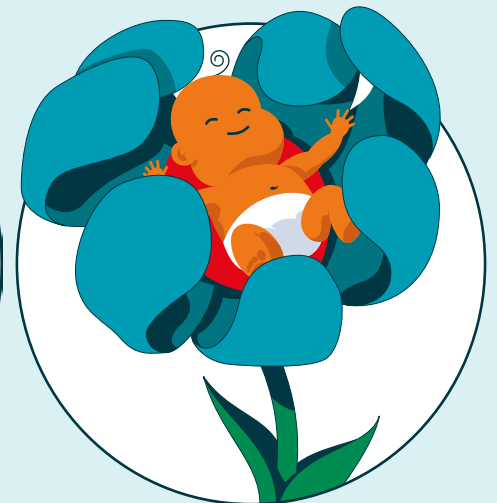
From disposable to glass, reusable infant feeding bottles



Reduce your climate impact



Reduce your (plastic) waste



A healthy start and sustainable future for all babies

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Wilt u meer weten over de evidentie en argumenten achter onze aanbevelingen?

Scan de QR-code of ga naar www.duurzamezorginamsterdamumc.nl

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