



Plastic or glass baby bottles?

Tips for a healthy start



Use glass baby bottles for a healthy start for your baby

When using plastic baby bottles, small pieces of plastic (microplastics) and added substances such as plasticizers are released into the milk. This does not happen with glass baby bottles. The exact effects of microplastics and other substances on your baby's health are not yet well known. As a precaution, we advise you to use glass baby bottles. This is safer and healthier for your baby.



Impact on the climate

Glass and plastic reusable baby bottles have a similar impact on the climate.



Quality of nutrition

Glass or plastic does not affect the quality of nutrition for your baby.



Microplastics and added substances

When using plastic baby bottles, small pieces of plastic (microplastics) and substances such as plasticizers are released into the milk your baby drinks. This does not happen with glass baby bottles.

Note: Many plastic baby bottles are 'BPA-free'. BPA is a harmful substance that has been banned in baby bottles since 2011. BPA-free does not mean that the baby bottle contains no microplastics or other added substances.

Do you have any questions? Send an e-mail to gezondestart@amsterdamumc.nl.

Do you use plastic baby bottles?

Do you want to use plastic baby bottles? Then pay attention to these tips. When heating plastic baby bottles, more microplastics and added substances such as plasticizers are released:

- TIP** Boil the baby bottles only before first use; this does not need to be done more often.
 - TIP** Do not heat bottle in the microwave, but in a pan with warm water or a bottle warmer
 - TIP** Do not heat bottle feeding above 35 degrees Celsius.
 - TIP** Rinse the baby bottles with cold water after use. Then wash them in the dishwasher at 55 to 60 degrees or clean them carefully in hot soapy water
 - TIP** Do not leave the baby bottles in the sun.
- And also:
- TIP** Replace plastic baby bottles after frequent use, or when there are scratches or the plastic becomes dull.
 - TIP** Choose baby bottles from Europe with a CE logo. These comply with stricter safety regulations.

