



Reduce Black Plastic Exposure to Protect Male Fertility

A Checklist for Safer Choices

Swap Black Plastic for Safer Alternatives

- Use glass, stainless steel, or ceramic food storage containers
- Choose wooden or silicone cooking utensils
- Drink from glass or stainless steel water bottles
- Opt for natural fiber kitchen tools instead of plastic

Avoid Heating Food in Plastic

- Never microwave food in plastic (even if labeled microwave-safe)
- Use glass or ceramic dishes for reheating
- Avoid pouring hot beverages into plastic cups or lids

Reduce Takeout Packaging Exposure

- Transfer food from plastic takeout containers to a glass or ceramic dish before eating
- Bring your own reusable containers when ordering takeout (where possible)
- Request non-plastic or biodegradable utensils

Learn more at: <http://fertility-nest.com/>



Minimize Contact with Plastic in Daily Life

- Avoid black plastic cutlery and plates
- Use paper, glass, or stainless steel for food storage
- Avoid canned foods lined with BPA-containing plastic

Detoxify Your Body from Plastic Toxins

- Increase antioxidant intake (Vitamin C, Vitamin E, Zinc)
- Support liver detox with cruciferous vegetables (broccoli, kale, Brussels sprouts)
- Drink plenty of filtered water to flush out toxins
- Exercise regularly to support sweat-based detoxification

Small Changes = Big Impact on Fertility!

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