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SMART SHOPPER'S  
**PBDE Card**

from  
**THE GreenGUIDE**

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**DON'T EAT AND BREATHE TOXIC FLAME RETARDANTS!  
HERE'S HOW TO AVOID PBDES:**

**Consume fewer animal fats,  
where PBDEs and other toxins collect.**

**Eat a heart-healthy diet, high in vegetables, fruit and whole grains.**

**Broil meat and fish and trim fat.**

**Eat leaner meats and less high-fat dairy food like cheese, butter, ice cream.**

**Drink skim-milk: It's PBDE- and dioxin-free.**

**Keep PBDEs out of house dust: Choose reduced-PBDE  
electronics/computers.**

**Sony, Motorola and Intel use no PBDEs.**

**HP monitors are PBDE-free.**

**Apple, Canon, Hitachi, Panasonic, NEC and Toshiba have reduced PBDEs.**

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**Choose PBDE-free furniture.**

**PBDE-free foam furniture** | IKEA ([ikea-usa.com](http://ikea-usa.com)) and Berkeley Mills ([berkeleymills.com](http://berkeleymills.com))

**PBDE-free natural latex mattresses and cribs** | Lifekind ([lifekind.com](http://lifekind.com)) and Gaiam ([gaiam.com](http://gaiam.com))

**PBDE-free and natural fiber mattresses and cribs (wool is naturally fire-retardant)** | IKEA ([ikea-usa.com](http://ikea-usa.com)); Ecobaby ([ecobaby.com](http://ecobaby.com))  
Organic Bliss Innerspring Mattress ([tomorrowworld.com](http://tomorrowworld.com)); Natura Sleep Systems ([naturalhomeproducts.com](http://naturalhomeproducts.com)); Natural Aurora Mattress ([greenfeet.com](http://greenfeet.com))

**PBDE-free futons** | Gaiam ([gaiam.com](http://gaiam.com)); Abundant Earth ([abundantearth.com](http://abundantearth.com)); Organic Cotton Alternatives ([organiccottonalts.com](http://organiccottonalts.com)); Tonkatinkers Kreation ([tonkatinkers.com/futons.htm](http://tonkatinkers.com/futons.htm))

*For more information go to [www.thegreenguide.com](http://www.thegreenguide.com)*

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