

Supplementary information file 3. Example daily diet diary. A score of 1 is given to each item containing suspected to contain BPA or be packaged in BPA-containing materials. Highly processed foods are also scored as 1, due to uncertainties in the processing procedures. The daily totals are summed to produce a BPA risk score for the 7 day intervention.

	Item	Packaging	Score
Breakfast			
	Homemade pancakes	None	0
	Sugar	None	0
	lemon	None	0
	milk	HDPE	0
Lunch			
	Homemade Cheese sandwich	none	0
	Homemade sultana cake	none	0
	water	glass	0
Dinner			
	Homemade omelette	none	0
	Sweetcorn	Can	1
	Rice	Cellophane	0
	Tomatoes	none	0
	water	glass	0
Snacks			
	Crisps (processed)	Cellophane	1
	Apple	none	0
	milk	HDPE	0
		Total for day	2