



Prescriptions for PREVENTION



Guidance from the Western States
Pediatric Environmental Health Specialty Unit

Baby Food



Did you know?

Many common baby foods and fruit juices contain small amounts of toxic chemicals, including pesticides, heavy metals such as lead and arsenic, and plastic-related chemicals from packaging such as BPA and phthalates. These chemicals can be dangerous to your child's brain development and cause other health problems so the key is to make sure they have a varied diet so they don't get overly exposed to any particular chemicals.



Do

- ✓ **Feed your child a variety of fruits and veggies.** Reduce pesticide exposure by using organic whole fruits or purees when you can.
 - ✓ Wash fruits and vegetables thoroughly with cold water.
- ✓ **Feed your child grains** such as grits, barley, farro, and bulgur instead of rice.
- ✓ **Provide your child with lean protein.** This can help process heavy metals and aid digestion.



Don't

- ✗ **Avoid storing or heating** the baby's food in plastic containers.
 - Use glass, stainless steel or silicone containers instead.
- ✗ **Avoid giving your child fruit juices.** Follow this [AAP guide](#) for providing your baby liquid under 1 year of age:
 - Under 6 months: breastmilk or formula only;
 - 6-12 months: mostly breastmilk or formula, small amounts of tap water or milk.



For more information, scan the code or visit
<https://wspehsu.ucsf.edu/projects/prescriptions-for-prevention-exposure-sources/>