



# Prescriptions for PREVENTION



Guidance from the Western States  
Pediatric Environmental Health Specialty Unit

## Food



### Did you know?

**P**roper nutrition is an important part of child development. You can decrease the amount of harmful chemicals that children are exposed to in food by choosing foods less likely to have these contaminants and by maintaining a balanced diet of lean protein, grains, low-fat dairy, and a variety of fruits and vegetables.



### Do

- ✓ **Feed your child a balanced diet** that contains a variety of whole, non-processed foods.
- ✓ **Buy organic, when possible**, especially for foods that are known to have higher levels of pesticides.
  - ✓ See the [Environmental Working Group](#) "Dirty Dozen" shopping guide.
- ✓ To **reduce exposures to pesticides**, rinse all produce thoroughly with water prior to eating.
- ✓ **Fish is good for you** and your children, but choose fish that are lower in mercury and other contaminants.
  - ✓ See the FDA's "[Advice about Eating Fish](#)" guide and EPA [Fish Advisories](#).



### Don't

- ✗ **Avoid pre-packaged** and highly processed foods as they often have higher amounts of toxic chemicals (like phthalates from plastic packing).
- ✗ **Limit rice-based products** as these can be high in arsenic;
  - **Avoid any products** made with brown rice syrup.
- ✗ **Limit foods containing high amounts of artificial food colorings** as they have been linked to behavioral problems.
- ✗ **Don't microwave** foods in plastics!



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