



Prescriptions for PREVENTION



Guidance from the Western States
Pediatric Environmental Health Specialty Unit

Human Milk



Did you know?

Human milk provides the best nutrition for infants to grow and develop. Breastfeeding has many benefits, including boosting the infant's immune system and lowering the risk of obesity.



Do

- ✓ **Take care of your own body** while breastfeeding by drinking plenty of fluids, eating a healthy diet and getting exercise.
- ✓ **Choose meat, poultry, and dairy** products that are low in fat, and cook in a way that allows the fat to drain off to decrease fat soluble chemicals.
- ✓ **Choose fish that are lower in mercury**, like haddock, cod, anchovies, shrimp, and tilapia:
 - ✓ See the [FDA's](#) and [EPA's](#) Fish Consumption Guide for more information.
- ✓ **If you smoke**, talk to your doctor about options for quitting.
- ✓ If you live in a home built before 1978, **test the paint in your home for lead.**
- ✓ **Check to see** if potentially harmful chemicals are used at your workplace.
 - ✓ See the [CDC's webpage](#) about workplace exposures that may affect breast milk.



Don't

- ✗ Don't eat after touching clay, soil/dirt, or paint chips as they may contain lead – wash your hands first!
- ✗ Don't use ceramic pottery to cook or store food unless it has been tested for lead, especially if it is chipped.
- ✗ Do not use foreign herbal medicines or homeopathic medicines unless you can be sure that they don't contain heavy metals such as lead.



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