



Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit



Bisphenols



Did you know?

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



Do

- Do your best to **take care of your own body** while breastfeeding: **Drink plenty of fluids; Eat a healthy diet; 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 chemicals that can get trapped in fats.
- **Choose fish that is lower in mercury**, like haddock, cod, anchovies, shrimp, and tilapia.
 - See the [FDA'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.
- **Check with your doctor** to see if it's okay to take medications while breastfeeding.
 - [See a list of resources](#) for breastfeeding exposures



Don't

- Don't eat right after touching clay, soil/dirt, electronics, or paint chips as they may contain harmful chemicals. 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/curriculum-tools/prescriptions-for-prevention/>

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