



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, PFAS, and phthalates. These chemicals can be dangerous to your child's developing brain and cause other health problems. The key is to make sure they have a varied diet so they don't get overly exposed to any one particular chemical.



Do

- Feed your child a variety of fruits and vegetables. Reduce pesticide exposure by using organic whole fruits or purees when you can.
 - Wash fruits and vegetables thoroughly with cold water
 - Refer to EWG for produce with the highest and lowest pesticide levels
 - If using private well water or tap water, make sure it has been tested for contaminants
- 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.
- Review this helpful guide from HBBF for healthier baby food options



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
 - Avoid providing cow's milk until 12 months
- Avoid feeding your child high-mercury fish like bigeye tuna and king mackerel. Review the EPA/FDA guidance on eating fish and shellfish.



For more information, scan the code or visit

<https://wspehsu.ucsf.edu/curriculum-tools/prescriptions-for-prevention/>

Material developed in partnership with the Environmental Research and Translation for Health (EaRTH) Center: <https://earth.ucsf.edu>