TOXIC CHEMICALS & PREGNANCY

10 WAYS TO AVOID TOXICS DURING AND AFTER PREGNANCY

1. Avoid eating, drinking or storing food in plastic
2. Don’t microwave in plastic
3. Cook with cast iron or stainless steel rather than non-stick pans
4. Avoid eating fish high in mercury or PCBs like shark and swordfish
5. Eat fresh, organic foods whenever possible
6. Limit cosmetics use
7. Avoid dry cleaning or stain treating clothes
8. Use a wet mop when cleaning
9. Avoid consumer products with flame retardants
10. Remove shoes before entering your home

WHAT HEALTH PROFESSIONALS AND POLICYMAKERS CAN DO

- Advocate for policies to prevent exposure to toxic environmental chemicals
- Work to ensure a healthy food system for all
- Make environmental health part of health care
- Champion environmental justice

For more information FIGO.ORG