

Tips to reduce exposure during **BREASTFEEDING**

During pregnancy and breastfeeding do not lose weight rapidly



Choose baby bottles with no BISPHEOLS

*All baby bottles must be made without BPA in compliance with Regulation (UE) N.321/2011



For plastic bottles, prefer the use of cold sterilisers, limiting the use of the hot ones (steam or microwave)

Choose nursing pillows made with natural fibers or 100% cotton



Tips to reduce exposure during **WEANING**

Avoid plastic plates, prefer bamboo or food-grade silicone plates



Prefer steel or baboo flatewares

Avoid bottles and cups with plastic spouts. Choose ceramic cups or steel flasks



Avoid plasticized bibs, choose cotton ones

Choose the wooden high chair



BPA free

If you found these tips interesting, follow us on our social media channels to discover many more!



Lifemilch



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www.lifemilch.eu

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Protect yourself and your baby from Endocrine Disruptors!

Essential guide for discovering what Endocrine Disruptors are and understanding how to avoid them during breastfeeding and weaning.

ETIL PARABEN PESTICIDE GLYPHOSATE
BISFENOLO S BISFENOLO F
PARABENI METIL PARABEN PROPIL PARABEN
DIBUTILFTALATO FTALATI DIETILFTALATO
IPA BISFENOLO A

What are endocrine disruptors?

They are chemical substances present in the environment that can modify the functioning of hormones with negative effects on health.

The results of the Life MILCH project have shown in more than 500 mother-child pairs that many endocrine disruptors are present in breastmilk and urine

How do we become exposed to these pollutants?

by INGESTION



by INHALATION

by SKIN CONTACT



through the PLACENTA

BREASTFEEDING



Exposure can mainly affect:

PRENATAL GROWTH



THYROID FUNCTION

METABOLISM



REPRODUCTIVE SYSTEM

TIMING OF PUBERTY



NEUROBEHAVIORAL DISORDERS



Tips to reduce exposure in everyday life

Avoid heating food in plastic containers in the microwave: place them on a ceramic plate or glass container



Prefer glass containers for food storage

Purchase products in bulk, in glass or paper. Choose fresh, pesticide-free foods as much as possible



Remove food from plastic packaging as soon as possible and rinse food very well

Reduce drinking canned and plastic liquids and prefer glass containers



Choose steel and ceramic pans. Verify that the labels specify NO PTFE-PFOA-NICKEL

Use body and make up products with the words: "BPA free"; "PHTHALATE free" (DINP - DEHP - DNOP - MEHP - MBP - MEP)



Limit the use of sunscreens with chemical filters but choose products with physical filters (with zinc or titanium oxide)

Use preferentially clothing made of natural textile fibers and bed linen



Be careful when purchasing detergent and fabric softeners as these may contain phthalates

Tips to reduce exposure for your baby



Choose pacifiers and baby bottle teats made of rubber or silicone (BPA-free), Replace them when worn

Prefer bodysuits, onesies, hats and generally clothing made with 100% cotton or natural fibers



Choose sheets, mattresses covers, pillowcases and towels made with natural fibers

Use a natural fiber sheet to minimize direct contact with plastic or PVC materials, such as the floor or baby changing table.



Pick a stroller with an eco-friendly coating, BPA-,PVC -and Phthalate-free.

When possible, use cotton diapers for your baby



Choose a comforter and toys made with 100% cotton or natural fibers