

Whole Baby™ Shopping List

	WHAT TO LOOK FOR	WHAT TO AVOID	A FEW SUGGESTIONS
PREGNANCY			
supplements	a prenatal multi from a trusted source; EFAs with DHA (docosa-hexaenoic acid); certain herbs	artificial additives, colors & flavors; hydrogenated fats	Whole Foods™ Fish Oil, Omega-3, Prenatal Essentials; 365 Everyday Value™ Prenatal Multi; Bellybar (before, during & after pregnancy)
ginger or ginger tea	organic	unnecessary ingredients & artificial additives	
belly balm, lotion, massage oil	pure, natural ingredients	petroleum-based or harsh chemical ingredients	
aromatherapy	only the 100% pure essential oils that are recommended by experts for pregnancy (do not use directly on skin)	synthetic fragrances; certain essential oils not recommended during pregnancy	
food	nutritious diet with more fruits and vegetables, eggs, beans, dark leafy greens and whole grains; organic as much as possible	artificial additives, colors & flavors; hydrogenated fats; fish high in mercury; undercooked meat & seafood; unpasteurized dairy products & juice; meat & dairy with added hormones & antibiotics	365 Everyday Value™ Organic Yogurt, Frozen Spinach, Peanut Butter, Almond Butter, Almonds, Walnuts, Omega-3 DHA Eggs; Whole Catch™ Wild Alaskan Salmon, Smoked Salmon, Sole Fillets
beverages & herbal teas	more water than usual, preferably filtered	alcohol, caffeine, certain herbal teas	Traditional Medicinals Organic Raspberry Leaf Herbal Tea, Organic Pregnancy Herbal Tea

BREASTFEEDING & FIRST FOODS			
herbs & herbal teas for mom	fenugreek, blessed thistle, fennel, raspberry leaf	certain specific herbs not advised while nursing; taking without consulting your healthcare/wellness provider	Traditional Medicinals Organic Mother's Milk Herbal Tea
infant formula (only when breast-feeding is not an option)	organic; age-appropriate formula; (note that breast milk is best for both baby & mother)	artificial additives, colors & flavors	Earth's Best Organic Infant Formula
bottles	glass; plastics such as polyethylene (#1, #2, and #4) and polypropylene (#5)	BPA (bisphenol-A); polycarbonate plastic; phthalates	
baby cereal	organic; whole grains	artificial additives, colors & flavors	
teething biscuits	organic; whole grains	artificial additives, colors & flavors	
baby food (jarred, frozen or homemade)	organic; nutrient-rich foods	artificial additives, colors & flavors; honey, fish with high mercury content; common allergens; junk food	Earth's Best jarred Organic Baby Foods; Plum Organics frozen Organic Baby Food
baby yogurt	organic	artificial additives, colors & flavors	Stonyfield Farm YoBaby Organic Yogurt, Organic Drinkable Yogurt

WHAT TO LOOK FOR

WHAT TO AVOID

A FEW SUGGESTIONS

BABY CARE			
teething, ears, colic, sleep	homeopathic remedies; certain herbs & herbal teas	medications with artificial ingredients or potential side effects; herbs & herbal teas not recommended by a practitioner	Hyland's Teething Tablets & Gel
cradle cap products	calendula cream or gel; zinc, magnesium, biotin and essential fats supplements for mom & baby; post-bath herbal rinse; scalp oil rub	artificial scent, petroleum-derived ingredients	
vitamins	liquids specifically for babies	artificial additives, colors & flavors	
probiotics	age-appropriate formulas and organic yogurt for babies	artificial additives, colors & flavors	
cotton balls & swabs	organic cotton	chlorine bleached	365 Everyday Value™ Cotton Swabs, Organic Cotton Balls, Organic Quilted Cotton Rounds
baby powder	100% natural scent; plant-based ingredients	talc, artificial scent	
diaper cream	zinc oxide, calendula, chamomile, witch hazel, comfrey, St. John's Wort	artificial scents or preservatives; petroleum-derived ingredients	Peter Rabbit Organics Baby Shampoo & Wash, Conditioner & Detangler, Lotion, Body Oil, Intense Therapy Cream; California Baby Shampoo & Body Wash
baby oil, shampoo & bath gel	100% natural scent; plant-based ingredients	artificial scent, petroleum-derived ingredients	

BABY LIFESTYLE			
disposable or flushable diapers	hypo-allergenic	chlorine, artificial scents, latex	Seventh Generation Diapers, Wipes, Baby Liquid Laundry Detergent
baby wipes	hypo-allergenic; aloe vera; vitamin E; refillable tubs	chlorine bleached, petroleum-derived ingredients, artificial scent	
laundry detergent	non-toxic; biodegradable; hypo-allergenic	chlorine, artificial scents, phosphates, optical brighteners	
baby & bath toys	age-appropriate; natural wood, cloth or metal	vinyl or plastic, especially labeled "V" or "3"	
cotton clothing & bedding	organic cotton	synthetic dyes, chemically treated	
household cleaners	non-toxic; biodegradable; hypo-allergenic	chlorine, ammonia, artificial scents, phosphates	



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