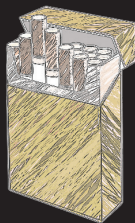


### Consume probiotics

Including probiotics in diet can help. It was seen that when infants and children consumed foods rich in bacterium like Lactobacillus and Bifidobacterium, they were at least 29 per cent less likely to need antibiotics.



### Stop smoking

Cigarette smoke makes Methicillin-resistant Staphylococcus aureus (MRSA) more resistant to antibiotics and makes it more invasive and persistent. Exposure to cigarette smoke increases the rate of mutation in microbial DNA, resulting in microbes that are resistant to antibiotics.



### Promote breastfeeding

Breast milk boosts immunity. It has been observed that infants breastfed for at least six months had fewer resistant bacteria in their gut than babies who were breastfed for a shorter period or not at all.



### Support safe pregnancies

Antibiotics should be avoided during pregnancy. It has been observed that number

of antibiotic resistant bacteria in infants' gut are higher if their mother consumed antibiotics during pregnancy. Even breast milk of these mothers had resistant bacteria which can be passed on to the child.

# HOW TO REDUCE CONSUMPTION OF ANTIBIOTICS

### Embrace new technology

New technologies that can help reduce exposure to antibiotics are being developed. For example, tiny amounts of antibiotics embedded in corn-based nanoparticles help reduce the amount of antibiotic required. This also protects the microbiome in the intestines.



### Embrace prophylactic foods

High-fiber foods like whole grains, beans, fruits and vegetables help the growth of healthy bacteria in the gut. They should be eaten after taking antibiotics. As a precaution, these high fiber foods should not be consumed while taking the antibiotics as this reduces the absorption of the drug.

### Keep the house dust free

Presence of antimicrobial substances such as triclosan in indoor dust can make microbes resistant. This chemical is used in many consumer products such as toothpaste and hand washes and persist in the environment.



### Consume foods that have natural antibiotics

Some foods like honey, garlic, mushrooms, onions and spices like turmeric have antibiotic properties and should be consumed regularly to reduce chances of falling sick. Molecules derived from cranberry fruits is said to increase the sensitivity of pathogenic bacteria to antibiotics.

### Avoid foods that reduce the activity of antibiotics

Fruit juices, dairy products or alcohol reduce the body's ability to absorb drugs. Do not forget to maintain a gap of up to three hours eating these and antibiotics.



### Get vaccinated

Vaccines can reduce the chances of contracting bacterial diseases and reduce the need for antibiotics. Where efficacy is proved, such vaccines should be used.

