

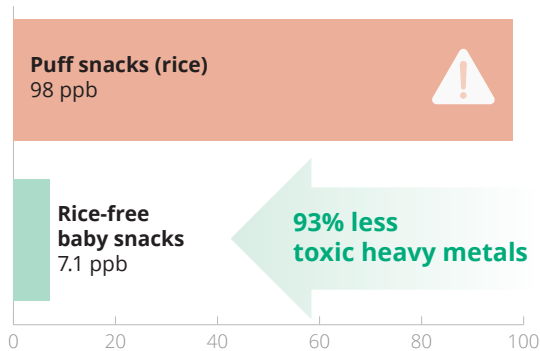
5 Baby Foods with Arsenic and Lead—and Safer Choices

About toxic heavy metals, including arsenic and lead:

- Often found in soil, water and food
- Health risks include cancer and decreased learning ability for children
- Some foods have higher levels and pose greater risks
- FDA hasn't set safety standards for heavy metals in many popular foods
- Until FDA acts, there are easy ways to cut down on toxic heavy metals in your baby's or toddler's diet



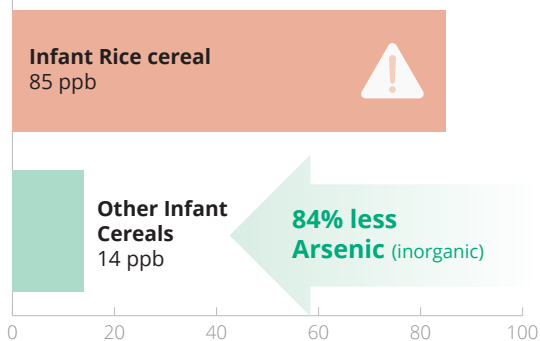
1 Snacks



Puffs and other snacks made with rice flour are high in arsenic. Choose rice-free packaged snacks. Better yet, try these healthy snacks with fewer contaminants recommended by Consumer Reports: **apples, applesauce (unsweetened), bananas, barley with diced vegetables, beans, cheese, grapes (cut lengthwise), hard-boiled eggs, peaches, and yogurt.**



2 Cereal



Infant rice cereal is the #1 source of arsenic in infant's diets. Choose other cereals that are naturally low in arsenic, like **oatmeal** and **multi-grain**.

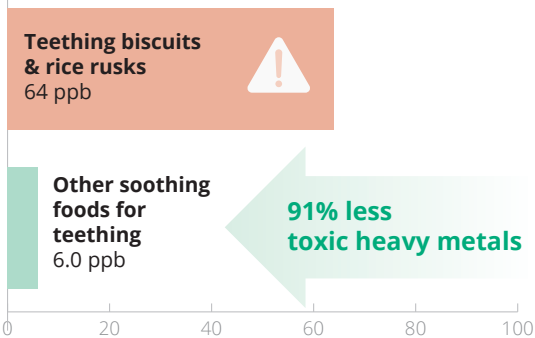


What to do about rice

Rice is high in arsenic and a top exposure source for toddlers. Simple steps can help:

- Cook rice in extra water that you pour off before eating, to cut down arsenic levels by 60 percent, according to FDA studies.
- For the lowest levels, buy basmati rice grown in California, India, and Pakistan. White rice has less arsenic than brown rice.
- Avoid rice from Arkansas, Louisiana, Texas, or simply "U.S." It has the highest levels, according to testing by Consumer Reports.
- Eat a variety of grains to help reduce your family's arsenic exposures. Try amaranth, quinoa, buckwheat, millet and polenta (all gluten-free), or bulgur, barley and farro (these contain gluten).

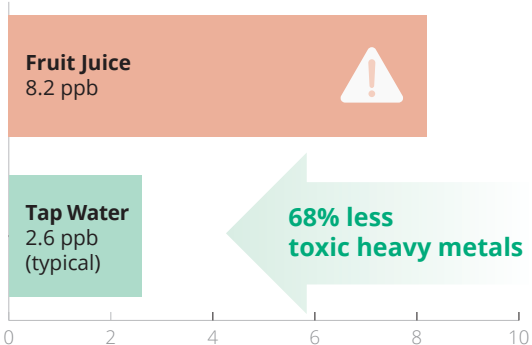
3 Teething Foods



Teething biscuits often contain arsenic, lead, and cadmium. They also lack nutrients and can cause tooth decay. Doctors and dentists recommend other solutions for baby teething pain. Try a **frozen banana**, a **peeled and chilled cucumber**, or a clean, cold wet washcloth or spoon. Stay with your baby to watch for any choking.



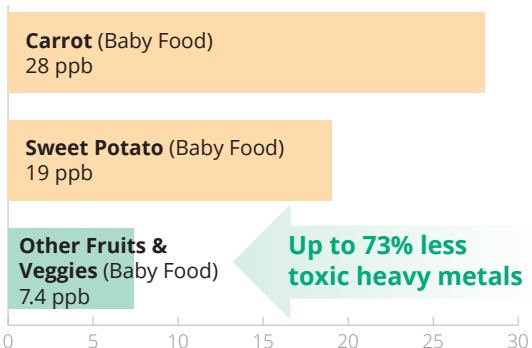
4 Drinks



Apple, pear, grape and other fruit juices have lead and arsenic. Levels aren't as high as in some other foods, but toddlers drink juice often, so it's a top exposure source. **Tap water and milk** are better drinks for thirsty toddlers. Serve whole or pureed fruits (like applesauce) instead of fruit juice, for more healthy fiber and nutrients. Doctors advise avoiding fruit juice altogether in a baby's first year.



5 Fruits & Veggies



Carrots and sweet potatoes are a great source of Vitamin A and other nutrients your baby needs. But they are also high in two toxic metals, lead and cadmium. **Variety is the solution:** give your baby these plus other fruits & veggies during the week, for benefits without the excess risk.



To find out more about the safety of your baby's food, read our full report on levels of toxic heavy metals like lead and arsenic in 168 store-bought baby foods. Download the report at healthybabyfood.org



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Note: Concentrations shown and the term "less toxic metals" are based on the average of the sum of four metals (inorganic arsenic, lead, cadmium and mercury) unless otherwise noted. Averages are based on data from the current study combined with FDA's market basket study data (the Total Diet Study, FDA 2014-2017). The abbreviation "ppb" refers to parts per billion.