

HEAVY METALS IN BABY FOOD

A congressional report titled [Baby Foods Are Tainted with Dangerous Levels of Arsenic, Lead, Cadmium and Mercury](#), published on February 4, 2021, in response to several reports of toxic heavy metals in baby food in 2019, found toxic heavy metals (Inorganic arsenic, lead, cadmium and mercury) in all four of the brands of baby food that were tested. The congressional report recommends mandatory testing for toxic heavy metals in baby foods, labeling of these items on food labels, setting maximum levels by the FDA (there are currently no maximum levels of these items in baby foods), and the voluntary phasing-out of toxic ingredients by food manufacturers.

To access this report, [click here](#).

Until this is done, we recommend the following based on the recommendations of the [American Academy of Pediatrics](#):

- 1 Offer a variety of baby foods including fruits, vegetables, grains, and meats instead of only rice cereal. Avoid repeating the same food choices each week.
- 2 If your baby is eating infant cereals, it is important to offer a variety of fortified infant cereals such as oat, barley, and multi-grain instead of only rice cereal.
- 3 Offer soft cooked fresh fruits or water instead of fruit juices.
- 4 **Note:** when it comes to containing heavy metals, organic is not better.

To access the recommendations by the CDPH WIC program, [click here](#).

To access the FDA consumer webpage about rice cereal, [click here](#).