

## Keeping Baby Safe: Heavy Metals



The FDA does not advise parents or caregivers to throw out their supply of packaged baby foods or to stop feeding certain foods



The FDA monitors levels of toxic elements in foods, and if they pose a health risk, takes steps to remove those foods from the market



Heavy metals are found in the environment and may enter the food supply through air, water, or soil



Complete avoidance of heavy metals in baby foods is impossible as they are naturally occurring



Discuss with your child's pediatrician about a diet that includes a variety of age-appropriate foods

### References

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American Academy of Pediatrics, *Heavy Metals in Baby Foods* (online at: <https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Metals-in-Baby-Food.aspx#:~:text=Some%20of%20the%20most%20common,lead%2C%20cadmium%2C%20and%20mercury>).

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Field - <https://www.goodfreephotos.com/albums/other-landscapes/dusk-color-sky-with-grassy-field.jpg>

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