Keep Your Child Safe:

Lead in Baby Foods

Heavy metals like lead, arsenic, cadmium and mercury can be found in baby foods and juices. Heavy metals, like lead, can make it hard for children to learn and pay attention. Most children who have lead poisoning do not look or act sick. Lead adds up in the body over time, so it is important to reduce lead exposure from all sources.

How Can I Keep My Child Safe?

- Wash hands often, especially before eating
- Use lead-safe dishware and cold water for drinking, cooking and formula
- Feed your child healthy meals and snacks when possible, with a variety of vegetables, fruits, grains, dairy and proteins
- Use this table to limit foods that are higher risk for heavy metals and find safer options

Instead of:	Try:
Cereals or snacks with rice or rice flour	Oatmeal, quinoa, multi-grain cereal, fruit, yogurt, cheese and eggs.
Teething biscuits for teething pain	Frozen banana slices, cold peeled cucumber or a clean cold wet washcloth or spoon (watch for choking).
Veggies that grow underground, like carrots and sweet potatoes can have heavy metals	Serve a variety of fruits and vegetables in whole or puree form.
Juice, especially apple, pear, and grape can have lead and arsenic	Breastmilk and/or formula are recommended for the first year of life. Water and milk are safer drink choices for children over one.

If you think your child may have been exposed to lead, ask your child's doctor about taking a blood lead test.

CDPH California Department of Public Health

For more information visit go.cdph.ca.gov/LeadFreeKids or contact:

For agency use: Place contact information here

April 2025 • © 2025, California Department of Public Health

Hwj Xwm Kom Koj Tus Me Nyuam Muaj Kev Nyab Xeeb:

Cov Kuab Txhuas uas nyob rau hauv Tus Me Nyuam Cov Ntshav

Cov kuab tooj kuab hlau hnyav xws li cov kuab txhuas, kuab arsenic, cadmium thiab mercury tuaj yeem pom muaj nyob rau hauv cov khoom noj thiab cov kua txiv hmab txiv ntoo rau me nyuam mos. Cov kuab tooj kuab hlau hnyav, xws li cov kuab txhuas, yuav tuaj yeem ua rau cov me nyuam kawm ntaub kawm ntawv thiab tom siab kawm tau nyuaj. Cov me nyuam feem ntau uas muaj cov kuab lom txhuas hauv lub cev yeej tsis zoo li los sis yeej tsis coj li neeg muaj mob. Cov kuab txhuas yuav ntau zuj zus tuaj hauv lub cev mus raws lub sij hawm, yog li ntawd nws yog ib qho tseem ceeb uas yuav tau txo qis kev raug kuab txhuas los ntawm tag nrho txhua txhia qhov chaw.

Kuv Yuav Tuaj Yeem Hwj Xwm Kom Kuv Tus Me Nyuam Muaj Kev Nyab Xeeb Tau Li Cas?

- Ntxuav tes kom tuab ntws, tshwj xeeb yog ua ntej yuav noj zaub mov
- Siv cov tais diav uas tsis muaj txhuas thiab siv dej txias los haus, ua zaub mov noj thiab tov mis hmoov rau me nyuam noj
- Pub tej zaub mov noj zoo thiab tej khoom noj txom ncauj uas zoo rau lub cev rau koj tus me nyuam yog tias ua tau, kom muaj ntau yam zaub, txiv hmab txiv ntoo, txhuv nplej, mis nyuj thiab cov protein.
- Siv daim phiaj qhia no los txwv cov khoom noj uas muaj kev pheej hmoo siab yuav muaj cov kuab tooj kuab hlau hnyav thiab nrhiav cov hau kev xaiv uas muaj kev nyab xeeb dua qub tuaj

Tsis txhob siv:	Ua tiag siv:
Cov cereals los sis cov khoom noj txom ncauj uas muaj txhuv los sis cov hmoov txhuv	Cov oatmeal, quinoa, cov cereal uas muaj ntau hom txhuv nplej, txiv hmab txiv ntoo, yogurt, cheese thiab qe.
Cov qhaub noom rau cov me nyuam uas tab tom nthaw hniav txhawm rau pab kom txhob mob hniav	Cov txiv tsawb chais ua daim coj mus tsau tub txias kom khov, cov dib chais tawv coj mus tsau tub txias kom khov los sis ib daim phuam ntxuav muag ntub dej uas ntxhua huv-huv lawm los sis diav (saib tsam ho daig caj pas).
Cov zaub uas ntug hauv qab av, xws li carrots thiab qos liab yuav tuaj yeem muaj cov kuab tooj kuab hlau hnyav	Muab ntau yam txiv hmab txiv ntoo thiab zaub rau noj suav nrog cia li noj los sis yog muab zom los tau.
Kua txiv hmab txiv ntoo, tshwj xeeb mas yog txiv apple, txiv pear, thiab txiv nkhawb yuav tuaj yeem muaj cov kaub txhuas thiab kuab arsenic	Peb thov qhia kom kav tsij pub niam mis thiab/los sis mis hmoov rau me nyuam rau thaum nws muaj thawj ib xyoos. Dej thiab mis nyuj yog cov khoom haus uas muaj kev nyab xeeb dua rau cov me nyuam uas muaj hnub nyoog tshaj ib xyoos lawm.

Yog koj xav tias tsam koj tus me nyuam ho raug cov kuab txhuas lawm, ces thov kom koj tus me nyuam tus kws kho mob pab kuaj cov kuab txhuas xyaw hau cov ntshav rau nws.

CDPH California Department of Public Health

Hais txog rau cov ntaub ntawv qhia paub ntau ntxiv, mus saib go.cdph.ca.gov/LeadFreeKids los sis tiv tauj rau

Cia rau lub chaw hauj lwm siv nkaus xwb:
Thov tiv tauj rau cov ntaub ntawv qhia paub ntawm no

Lub Plaub Hlis Ntuj Xyoo 2025 • © 2025, California Department of Public Health