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, yo 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:

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Kadan nakundeku va’a de’en:

Ñu’u plomo sa xexi mi’mi

Sa kuuxi plomo, arseniu, kamio ndɨ’ɨ merusiu nchaa xe’e nani’o nuu sa xexi nuu xi’i mi’mi. Sa kuu yuku ve’e, sa kuuxi plomo, kadaxi sa vakutu’a landu te vatekutnunixi sa dakua’agüexi odi kutu’agüexi. Chaa landu nixexigüexi odi nixi’igëuxi plomo chii ñatu kutnuni sa ku’ugüexi. Yuku plomoga kueni kueni nku’uxi yɨkɨkuñuo xia nuu kunde’eo kuenda sa vakundeyatnio nuu ndeku yuku plomoga odi kaxi’ odi ko’o.

¿Nasa kadai kuenda kunde va’a de’e?

- Naketen nda’an tnanitnani, ndɨ’ɨ tna’a ore kaxin.
- Nandi’in kɨdɨ sa ñatu nikua’andɨ’ɨxi plomo, te ko’o ndute vixi, te dukani nandɨ’ɨ nudte vixi nuu kadua’an sa kaxindo sa kaxi mi’I, te dukani nuu kadu’an dɨku mi’mi
- Dakayin de’e sa va’a sa ñatu ne’exi plomo, ted akin de’en yuku kui te dukani kui’I, sereal, sa ñu’u dɨku ndɨ’ proteina
- Nandɨ tutu kuu tablaga kuenda chidotnuni sa kaxi de’en te duka kinin sa ñatu ndee yuyu tava kue’e

Nuu kuuxi:	Kadan:
Cereal ndɨ’ɨ snak odi arina arroz	Avena, kinoa, cereal ñu’u ndidi nuuxi, kui’i, sa ñu’u dɨku sa kuu yogur, kesu, ndɨu.
Galleta sa va’a kada u’uxi nuni mi’mi.	Unda chite nduu yu’a, pepino nikui ndɨ’ɨ sa vixi pañu ndɨ’ɨ sa chilo’o nakundundoo (cuidadundo sa nkita’i dukugüexi).
Nchaa yuku kui sa satnuxi nuu ñu’u, nakuinin sanaoria, chii kudana te ñu’u yuku tava kue’e	Te kua’añana xi de’en nchani nuu yuku kui sa xexio odi kui’I va’ani nuu kaxigüexi neei odi nduuxi pure.
Jugu nikua’a masana. uva, ndɨ’ɨ pera ñu’uxi plomo odi arseniku	Te ka’andɨ sa dɨku nana ndɨ’ɨ sa kuu formula kuuxii dɨku va’a ko’on mi’mi ndee nachitu ɨɨn kuia. Ndute ndɨ’ɨ dɨku kuuxii sa chindeña’axi kundeku va’a landu sa ndeku vi’iga ɨɨn kuiagüexi.

Te nuu saniinin sa kudana te xi’i yɨkɨkuñu de’e plomo, te va’aga kuña’an xi mediku kuenda nakadaña’ade prueba ñiɨɨ xi de’en kuena kinindan.

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I’a kuuxii nuu kiningan nasa kuu tnu’uga.
go.cdph.ca.gov/LeadFreeKids
Odi ki’in ka’an I’ia:

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Sa nandi’I ve’e agensia:
Taxindekun kontatun
Tnu’u kuuxi i’a