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

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保护您的孩子：

婴儿食品中的铅

婴儿食品和果汁中可能含有铅、砷、镉和汞等重金属。铅等重金属可能影响儿童的学习能力和注意力。大多数铅中毒的儿童，从外表和行为上都看不出患病迹象。铅会在体内逐渐累积，因此务必减少所有来源的铅接触。

如何保护我的孩子？

- 勤洗手，尤其是进食前
- 使用无铅餐具；饮用、烹饪和冲泡配方奶时请使用冷水
- 尽可能为孩子提供健康的正餐和零食，搭配多样的蔬菜、水果、谷物、乳制品和蛋白质
- 参考下表，限制重金属风险较高的食物，并寻找更安全的替代品

建议少吃：	尝试：
含大米或米粉的谷物或零食	燕麦片、藜麦、杂粮麦片、水果、酸奶、奶酪和鸡蛋。
缓解出牙疼痛的磨牙饼干	冷冻香蕉片、去皮冷黄瓜，或干净的冷湿毛巾或勺子（注意防窒息）。
根茎类蔬菜（如胡萝卜和红薯）可能含有重金属	提供多样化的水果和蔬菜，可切块或制成泥状。
果汁（尤其是苹果汁、梨汁和葡萄汁）可能含有铅和砷	建议婴儿一岁内以母乳和/或配方奶为主食。一岁以上儿童首选水和牛奶作为饮品。

如果您担心孩子可能接触过铅，请咨询医生进行血铅检测。

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欲了解更多信息，请访问 go.cdph.ca.gov/LeadFreeKids 或联系：

供机构使用：在此处填写联系信息

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