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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保護您的孩子：

嬰兒食品中的鉛

嬰兒食品和果汁中可能含有鉛、砷、鎘和汞等重金屬。鉛等重金屬可能影響兒童的學習能力和注意力。大多數鉛中毒的兒童，從外表和行為上都看不出患病跡象。鉛會在體內逐漸累積，因此務必減少所有來源的鉛接觸。

如何保護我的孩子？

- 勤洗手，尤其是進食前
- 使用無鉛餐具；飲用、烹飪和沖泡配方奶粉時請使用冷水
- 盡可能為孩子提供健康的正餐和零食，搭配多樣的蔬菜、水果、穀類、乳製品和蛋白質
- 參考下表，限制重金屬風險較高的食物，並尋找更安全的替代品

建議少吃：	嘗試：
含稻米或米粉的麥片或零食	燕麥片、藜麥、雜糧麥片、水果、優格、起司和雞蛋。
緩解出牙疼痛的磨牙餅乾	冷凍香蕉片、去皮冷黃瓜，或乾淨的冷濕毛巾或湯匙（注意防窒息）。
根莖類蔬菜（如胡蘿蔔和番薯）可能含有重金屬	提供多樣化的水果和蔬菜，可切塊或製成泥狀（如果泥、菜泥）。
果汁（尤其是蘋果汁、梨汁和葡萄汁）可能含有鉛和砷	建議嬰兒一歲內以母乳和/或配方奶粉為主食。一歲以上兒童首選水和牛奶作為飲品。

如果您擔心孩子可能接觸過鉛，請諮詢醫生進行血鉛檢測。

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欲瞭解更多資訊，請訪問 go.cdph.ca.gov/LeadFreeKids 或聯繫：

供機構使用：在此處填寫聯繫資訊

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