

# Concerned about reports of presence of metals in baby food?

Here are some actions you can take to limit the metals in your baby's diet.

Provide a variety of foods, to minimize the intake of any one metal.



Use a variety of grains; rice cereal is no longer promoted as the best first food for babies. Other fortified cereals (oats, barley and others) and baby meats are good alternatives.



Children under 1 year of age **should not** be given juice, and juice intake limited (if offered at all) in older children.



Babies do not need the snack foods (puffs, chews, crackers, etc) targeted to that age; snacks of age appropriate foods like fruits and yogurts are better alternatives.

Read labels of any packaged food served to babies and children to check for rice, or root vegetables; again, so no one food is making up a great deal of the diet.



Making baby food doesn't guarantee metals are not present—they are in the food supply. See safety recommendations for homemade baby food please go to: <https://go.wisc.edu/q266k8>



**Extension**

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