

HOW TO LIMIT ARSENIC EXPOSURE FOR BABIES

Tips to reduce arsenic levels in your baby's diet...

- Offer your baby a variety of foods, flavors, and textures each day.
- Wash fruits and vegetables and peel root vegetables before cooking and offering them to your baby.
- Avoid fruit juice and rice milk for babies and young children.
- Choose lower arsenic-containing rice varieties more often, vary the type of rice served to your baby, and serve rice in moderation.
- Limit/avoid infant rice cereal and rice-based snacks for your baby.



Top tip! Choose these grains more often which are lower in arsenic: oat, barley, quinoa, wheat, multigrain, and buckwheat.

The best cooking method to reduce arsenic levels in rice:

Add rice to already boiling water (4 cups of water to 1 cup of rice), continue boiling for 5 minutes, and then dump all of the water out (reference). Add fresh water (2 cups of water to 1 cup of rice), turn the heat down to medium-low, cover with a lid, and continue cooking until all of the water is absorbed by the rice