

LOW TO HIGH RISK

ARSENIC-CONTAINING

FOODS

for babies

LOW RISK

EAT FREELY

- Banana
- Oranges
- Watermelon
- Grapes
- Butternut squash
- Peas
- Green beans
- Cucumber
- Eggs
- Beans
- Cheese
- Yogurt
- Milk
- Meat
- Applesauce

MODERATE RISK

EAT OCCASIONALLY

- Baby spinach
- Cantaloupe
- Canned fruit
- Carrots*
- Fruit juice
- Non-rice grains
- Peanut butter
- Potatoes*
- Sweet potatoes*
- White rice

HIGH RISK

LIMIT/AVOID

- Rice cakes
- Crisped rice cereal
- Baby rice puffs
- Brown rice**
- Rice biscuits
- Rice teething rusks
- Arrowroot teething crackers
- Grape juice
- Infant rice cereal
- Oat-ring cereal (i.e. Cheerios)

*Washing and peeling helps to reduce arsenic levels which are found more heavily in their skins.

**Brown rice contains high levels of inorganic arsenic in its outer layer. To reduce the level of arsenic, cook rice in excess water and drain water once rice is cooked.