

THE KEY TO A WELL-BALANCED DIET IS EATING A VARIETY OF HEALTHY FOODS

This is important for the growth and development of babies and young children ages 6 months and older.



Heavy metals and other toxic elements are in the environment, and may enter the food supply through soil, water or air.

Lowering levels of toxic elements in food is a high priority for the FDA. We routinely monitor levels of toxic elements to help ensure food safety.



We do not advise parents and caregivers to throw out their supply of packaged baby foods or to stop feeding their babies and children certain foods altogether.

Talk with your child's pediatrician about a diet that includes a variety of healthy foods in order to get needed nutrients to babies and young children ages 6 months and older.



For more information about metals in foods visit FDA's web page:

<https://www.fda.gov/food/chemicals-metals-pesticides-food/metals-and-your-food>