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DATE: October 23, 2019
TO: WIC Coordinators
FROM: State WIC Staff
SUBJECT: Metals in Baby Foods

Recently the advocacy group, *Healthy Babies, Bright Futures*, provided an analysis of the presence of toxic heavy metals found in infant foods. While this type of information isn't new, it seems to come up regularly. The NWA Monday Morning Report for October 21, 2019 (included in this *Wednesday Update*) provides information on this topic and includes the advocacy group's [investigative report](#), which was published last Thursday, October 17th. Due to the recent release of this report, it is gaining media attention and you may get questions from participants. The following talking points remain consistent from previous recommendations. The resources can help make you more aware of and understand the issue.

Talking Points:

- Parents should serve a wide variety of fruits and vegetables that include carrots, sweet potatoes, and other choices.
- Iron fortified cereals are an important dietary component for infants beginning solids. Iron sources found in infant meats and iron fortified cereal are critical for brain development. There are many types of infant cereal available from WIC, especially if rice is a concern.
- The American Academy of Pediatrics recommends *giving no juice before 1 year* and limiting quantities provided to children. For babies 6 months and older, provide only breastmilk or formula, and water to drink.
- How do metals get into foods?
 - Metals are naturally found where foods grow in the ground.
 - Pollution can affect the water and soil used to grow food.
 - Metals can also get into food from food manufacturing and packaging.

Additional Resources:

- [American Academy of Pediatrics Article](#)
- [USDA Infant Nutrition and Feeding A Guide for use in WIC](#) (Page 203)

If you have questions, please contact your State WIC Consultant.