








# The 40 Baby Foods Menu: What to serve, limit, and avoid to lower babies' exposures to toxic heavy metals

 <b>Serve</b> Lowest heavy metals - Eat freely	<b>Limit or Rotate</b> Moderate heavy metals - Eat each food less than daily ★ = Nutritious food: keep it on the menu, rotate with other foods.	<b>Serve rarely</b> High heavy metals	<b>Avoid</b> Highest heavy metals
<b>FRUIT</b>			
<b>Fresh &amp; frozen fruit</b> <b>Baby food fruits</b>	★ <b>Cantaloupe</b> - Keep in the diet but less than daily <b>Canned fruit</b> - Better choice: fresh, frozen, or baby food	<b>Dried fruit</b>	None
<b>VEGETABLES</b>			
 <b>Baby food, fresh, or frozen:</b> <b>Green beans, peas, butternut squash</b>	Rotate - Serve a variety of these, not the same one every day: ★ <b>Sweet potato, potato, carrot, and other root and tuber veggies</b> (baby food or fresh/frozen, peeled) ★ <b>Leafy greens, baby spinach</b>	<b>Full-size spinach</b> (Better choice: baby spinach)	None
<b>PROTEIN-RICH FOODS</b>			
 <b>Baby food brand meats, eggs, soft or pureed meats &amp; beans</b>	<b>Peanut butter</b> - Avoid serving every day	<b>Sunflower seed butter</b>	None
<b>CEREALS &amp; GRAINS</b>			
 None	★ <b>A variety of non-rice grains</b> like oatmeal, barley, millet, and farro, not the same grain every day: <b>Infant cereal - Iron-fortified oatmeal &amp; multi-grain</b> <b>Rice</b> - limit, and use these varieties and cooking methods: <ul style="list-style-type: none"> <li>• Rice cooked like pasta, in extra water and then drained</li> <li>• Basmati rice grown in California, India, Pakistan</li> <li>• Sushi rice grown in the U.S.</li> <li>• White rice, not brown</li> </ul>	<b>Infant rice cereal</b> <b>Rice</b> - avoid these varieties and cooking methods: <ul style="list-style-type: none"> <li>• Rice with no extra cooking water used</li> <li>• Rice grown in Arkansas, Louisiana, Texas or "U.S."</li> <li>• Brown rice</li> </ul>	<b>Crisped rice cereal</b> <b>Brown rice with no extra cooking water used</b>
<b>DRINKS</b>			
 <b>Infant formula</b> - Ready-to-feed or made with lead-free tap water <b>Tap water tested for lead</b>	<b>100% fruit juice (not grape)</b> - Better choices: fresh fruit and water	<b>Grape juice</b>	None
<b>SNACKS</b>			
 <b>The "Serve" fruits &amp; veggies above, and applesauce (unsweetened), beans, cheese, grapes (cut lengthwise), hard-boiled eggs, yogurt</b>	<b>The "Limit or rotate" fruits and veggies above</b>	<b>Oat ring cereal</b>	<b>Puffs (rice)</b> <b>Rice cakes</b>
<b>TEETHING FOODS</b>			
 <b>Peeled &amp; chilled cucumber</b> <b>Frozen banana</b>	<b>Non-rice teething biscuits &amp; crackers</b>	<b>Rice-based teething biscuits &amp; rusks</b> <b>Arrowroot teething crackers</b>	<b>Rice cakes</b>

Source: HBBF analysis of over 7,000 tests of arsenic, lead, cadmium, and mercury in food, from HBBF food testing programs, 2017-2022, and FDA national market basket testing, 2014-2020.