

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

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

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.