



# FEED YOUR CHILD



## A VARIETY OF HEALTHY FOODS TO HELP PROTECT THEM FROM TOXIC ELEMENTS & GROW STRONG

As parents and caregivers, you know that the nutrition kids get from the foods they eat are a big part of their growth and development.

*Nutrients like iron, zinc, calcium, protein, carbohydrates, and fats as well as many other important vitamins and minerals, are in a variety of foods and are essential for a child's growth and development. Nutrients can also help protect children's bodies from the effects of toxic elements.*



Arsenic, lead, cadmium, and mercury are toxic elements that come from the earth. Levels of toxic elements in foods depends on the levels that are naturally present and on the amount of pollution in the water, soil, and air. Many foods, like fruits, vegetables, grains, and fish, absorb both toxic elements and nutrients from the environment.

It's important to know that a food is not necessarily dangerous because it has some level of toxic elements. Many of these same foods provide the nutrients that science shows your child needs to grow.



### What is FDA doing to make sure your child's food is safe?

The FDA regularly tests foods to measure levels of toxic elements. We then study how much is eaten. We use this information and the science on potential health effects to determine if a food could be a health risk. If a food is not safe, we work to get it out of stores.

FDA's Closer to Zero program works with companies to reduce levels of these elements in foods to as low as possible.



### What can parents feed their children to help protect them from toxic elements and grow strong?

Since toxic elements enter foods as they grow, home-made baby and toddler foods will likely not have less toxic elements than packaged versions.

Feed your children [a variety of healthy foods](#) that are age appropriate to help get the nutrients they need.

Talk to your child's pediatrician for more information.

