

FDA's Closer to Zero Action Plan – Reducing the Effects of Toxic Element Exposures to Children

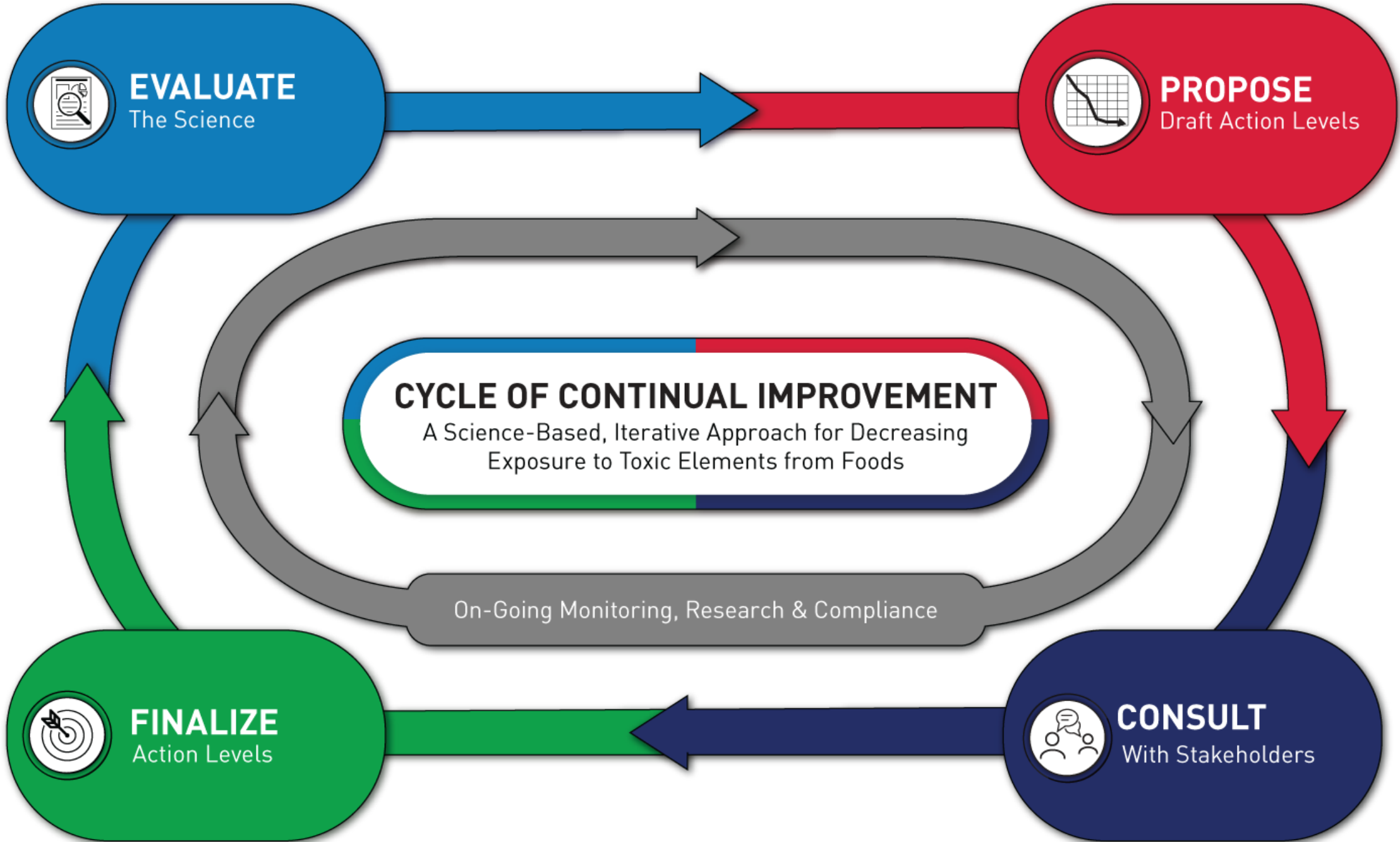
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U.S. Food & Drug Administration**



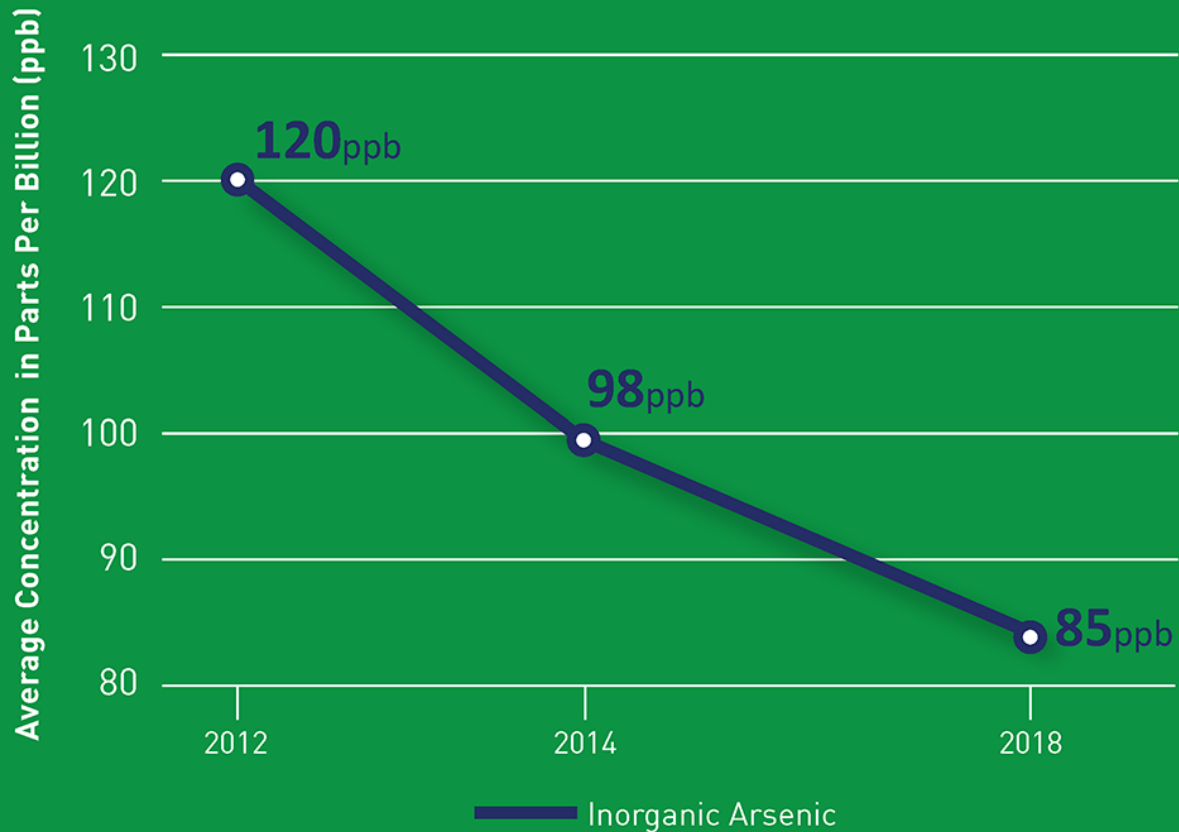


CLOSER TO ZERO

FDA's Action Plan for
Reducing Exposure to
Toxic Elements from Foods for
Babies and Young Children



Inorganic Arsenic in Infant Rice Cereals



**INORGANIC
ARSENIC
LEVELS**

In Infant
Rice Cereal

**2012
to
2018**

There has been a dramatic decline in the concentration of inorganic arsenic found in infant rice cereals in recent years.




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.

What You Can Do to Limit Exposure to Arsenic

Tips to limit exposure to Arsenic

Get strategies for rice and infant rice cereal

Rice tends to absorb arsenic more readily than other crops, however, consumers can certainly eat rice as part of a well-balanced diet. For infants, this includes infant rice cereal. The [AAP advises](#)  parents to feed infants and toddlers a variety of grains as part of a well-balanced

diet. Rice cereal fortified with iron is a good source of nutrients for your baby, but it shouldn't be the only source and does not need to be the first source. Other

iron fortified infant cereals include oat, barley and multigrain. In addition to being nutritious, they are similarly effective as rice for infants with esophageal reflux tendencies.



Make Every
Bite Count With
the *Dietary
Guidelines*

ENCOURAGE A VARIETY OF FOODS FROM ALL FOOD GROUPS TO INFANTS STARTING AT ABOUT 6 MONTHS OLD

Grains, including [iron-fortified infant cereal](#), play an important role in meeting nutrient needs during this life stage. Infant cereals fortified with iron include oat,

barley, multigrain, and rice cereals. Rice cereal fortified with iron is a good source of nutrients for infants, but rice cereal shouldn't be the only type of cereal given to infants. Offering young children whole grains more often than refined grains will increase dietary fiber as well as potassium intake during the second year of life and help young children establish healthy dietary practices.

Guidance for Industry
Arsenic in Apple Juice: Action Level

Draft Guidance

This guidance is being distributed for comment purposes only.

U.S. Department of Health and Human Services
Food and Drug Administration
Center for Food Safety and Applied Nutrition

July 2013

Action Levels for Lead in Juice:
Guidance for Industry

Draft Guidance

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U.S. Department of Health and Human Services
Food and Drug Administration
Center for Food Safety and Applied Nutrition

April 2022

What You Can Do to Limit Exposure to Arsenic and Lead from Juices



Eat a Varied and Nutritious Diet

Eating a variety of age-appropriate healthy foods is good for nutrition and for food safety. This approach helps you and your children get important nutrients and may reduce exposure to and potential harmful effects from contaminants that foods can absorb from the environment.

Healthy Beverage Recommendations by Age from the [Dietary Guidelines for Americans](#)

Birth- about 6 months

Give your baby only breast milk – no other drinks or foods. If you're not breastfeeding, give iron fortified infant formula. Use only store-bought infant formula and never homemade or toddler formula. Learn more about choosing infant formula at [Choosing an Infant Formula | CDC](#).

6-12 months

Keep giving your baby breast milk until at least age 12 months, and as long as you want

Healthy Beverage Recommendations by Age from the [*Dietary Guidelines for Americans*](#)



What You Can Do to Limit Exposure to Arsenic and Lead from Juices

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6-12 months

Keep giving your baby breast milk until at least age 12 months, and as long as you want after that. If you're not breastfeeding, continue to give iron fortified infant formula.

Once your baby is ready for solid foods (for most babies, at about age 6 months), you can also start giving your baby small amounts of water (up to 4 to 8 ounces a day).

Infants under 1 year of age should not drink juice

12 months and older

Wait until your baby is at least 12 months old to give them cow's milk, fortified soy beverages, or fruit juice.

Most of the time, choose whole fruits instead of juice. Whole fruits have fiber your child needs to stay healthy. If you do offer juice, choose 100% juice, which doesn't have any added sugars, and give only a small serving (aim for 4 ounces or less per day). Try mixing 100% juice with water to reduce calories.

Avoid these drinks

It is best not to give your child drinks with caffeine or added sugars, like soda, sports drinks or energy drinks, fruit drinks (like fruit punch), or flavored milks.

EATING FISH



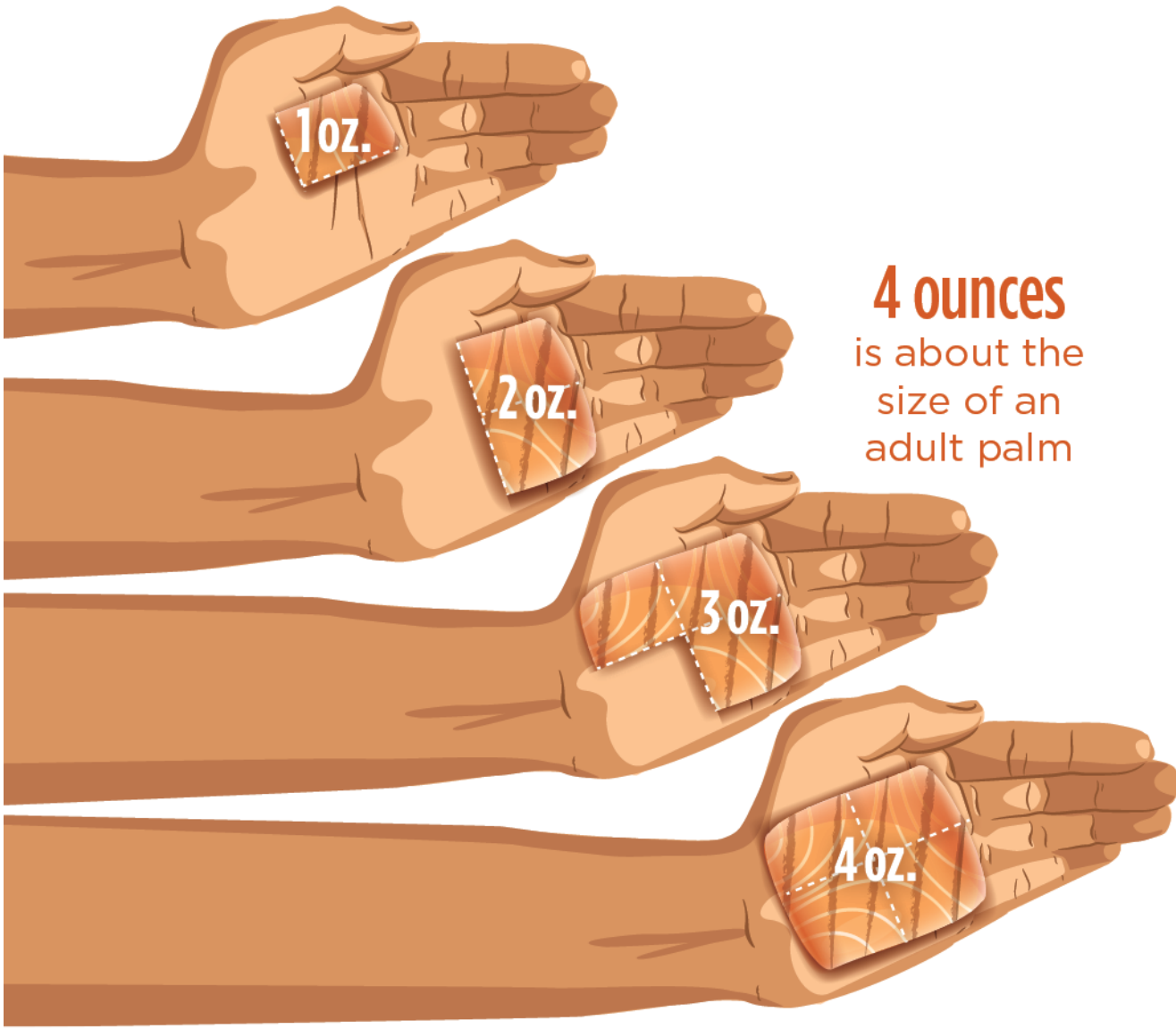
Fish provide key nutrients that support a child's brain development.

Why is Fish Nutritious?

Eating fish during pregnancy and breastfeeding provides key nutrients that support a **child's brain development**:



- Choline also supports development of the **baby's spinal cord**.
- Iron and zinc support **children's immune systems**.
- Fish are a source of other nutrients like protein, vitamin B12, vitamin D, iodine, and selenium, too.



How Much Should My Child Eat?

Eat 2 servings a week from the “Best Choices” list.

A serving is about:

1 ounce – age 1 to 3

2 ounces – age 4 to 7

3 ounces – age 8 to 10

4 ounces – age 11

Younger kids can eat fish too. You can introduce nutritious foods like fish to complement breast milk or infant formula in your baby’s diet once they are about 6 months of age.

Are There Other Benefits of Eating Fish?

There are many potential benefits of eating fish. For example, strong evidence shows that eating fish, as part of a healthy eating pattern, may have heart health benefits.



How Much Fish Should I Eat?

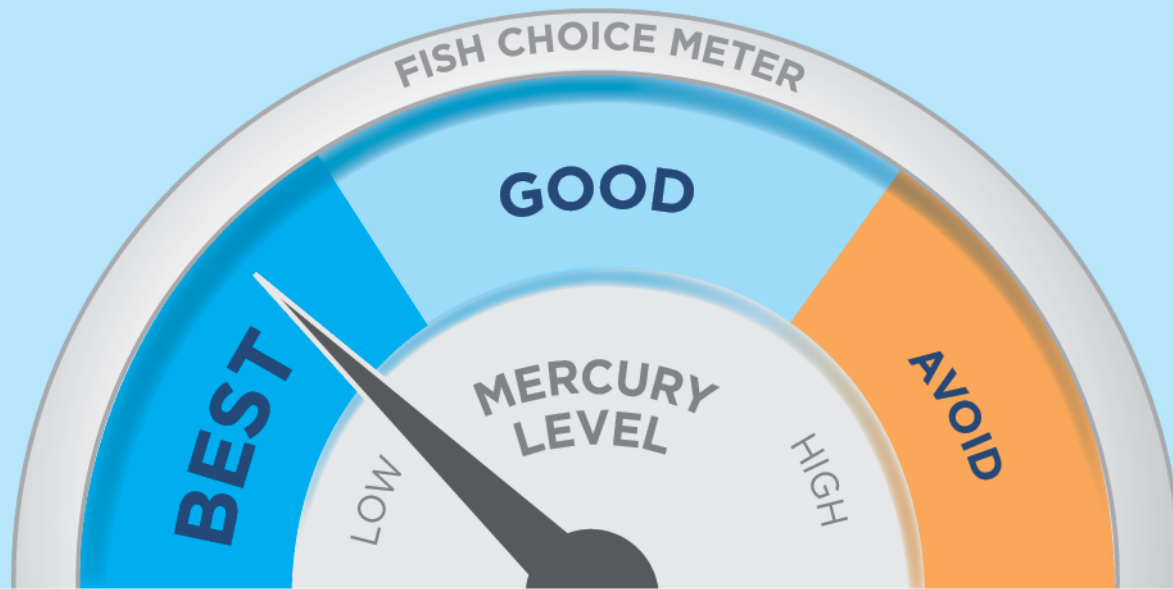
Eat **8 to 12 ounces per week** of fish from the “Best Choices” list.



A serving is **4 ounces** (about the size of an adult palm).

What Kind of Fish Should I Eat?

Choose a variety of fish from “**Best Choices**,” which are lower in mercury.

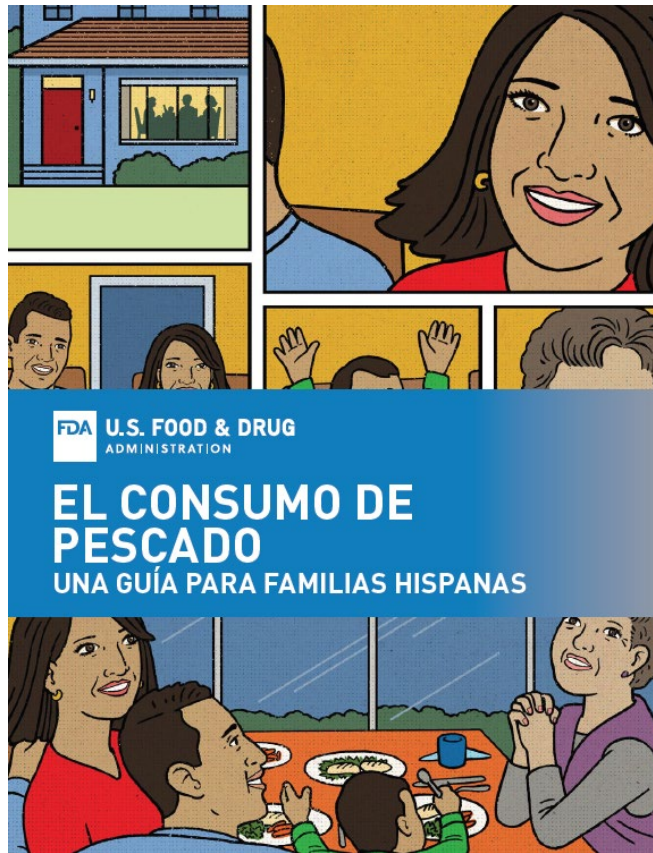


Best Choices*

- Anchovy
- Atlantic croaker
- Atlantic mackerel
- Black sea bass
- Butterfish
- Catfish
- Clam
- Cod
- Crab
- Crawfish
- Flounder
- Haddock
- Hake
- Herring
- Lobster, American and spiny
- Mullet
- Oyster
- Pacific chub mackerel
- Perch, freshwater and ocean
- Pickerel
- Plaice
- Pollock
- Salmon
- Sardine
- Scallop
- Shad
- Shrimp
- Skate
- Smelt
- Sole
- Squid
- Tilapia
- Trout, freshwater
- Tuna, canned light (includes skipjack)
- Whitefish
- Whiting

*The “Best Choices” list of fish shown above is one of three categories of fish in this advice. The full chart describes “Best Choices,” “Good Choices,” and “Choices to Avoid.”

For more information on choosing healthy and safe options when it comes to fish, visit www.fda.gov/fishadvice.



REACHING DIVERSE POPULATIONS THROUGH PHOTONOVELS AND STORYTELLING



FDA U.S. FOOD & DRUG
ADMINISTRATION

EATING FISH:

A GUIDE FOR HISPANIC AMERICAN FAMILIES



FDA U.S. FOOD & DRUG
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EATING FISH:

A GUIDE FOR CHINESE
AMERICAN FAMILIES



EATING FISH:

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Camila and Jose are at their doctor's office for a prenatal checkup.

Congratulations on your good news! But, why do you look so sad?

I'm not sad, I'm just nauseous from morning sickness and haven't had much of an appetite. I know that my mother's *d/la p/a a/ horro* will help keep me and the baby healthy, but I haven't been in the mood for it lately. I don't know what to do!

Don't worry! There are lots of different ways to eat healthy types of fish lower in mercury. FDA and EPA have developed... makes it easy to choose what... Their advice supports recom... the Dietary Guidelines for Ame...

See the full advice on page 5.

Eat 2 to 3 servings of fish per week from the Best Choices. 90% of fish eaten in the United States are included in the Best Choices list, so there are lots of options!

And just be sure to avoid ones that are listed under Choices to Avoid, as they may contain high levels of mercury, which can be harmful to an unborn baby and young children.

That is easy! B...

A s
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of i
Fis
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vit:

... ¡pero no se imaginan lo que les espera!

¿Qué es eso?

¡Pescado con verduras!

¡Qué rico huele! Pero, ¿por qué no hiciste tu famoso bacalao?

Vea la tabla completa en la página 5.

¡Esta tabla lo explica todo y te facilita escoger el pescado que debes consumir! Ven y te enseño cómo funciona.

Los niños como los tuyos, de 2 años o más, deben comer de 1 a 4 onzas de las Mejores opciones o 2 onzas de las Buenas opciones a la semana, y no comer ninguna porción de las Opciones a evitar. Puedes llevar esta tabla contigo al hacer la compra. ¡Es muy fácil de usar!

EATING FISH: A GUIDE FOR CHINESE AMERICAN FAMILIES



Mei-ling and Ming have brought their baby, Ethan, home! Mei-fen is helping Mei-ling during her month of recovery.



Here's something to eat.

Qīng cháo xiǎo rén, my favorite! I want to eat this every week.

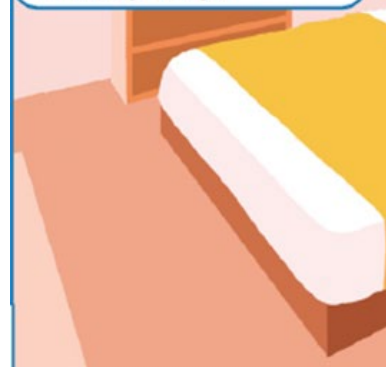
The chart your doctor gave you says to eat a variety of fish. Instead of *qīng cháo xiǎo rén* every week, I can make you many others. I have recipes for whole grilled fish, and your chart shows so many fish to choose from! And how about *qīng zhēng yú*, too?



What kind?

Hēi lú yú.

Okay, good. There are so many healthy ways of preparing fish like grilling and steaming so you can try a variety of fish cooked in a variety of ways!

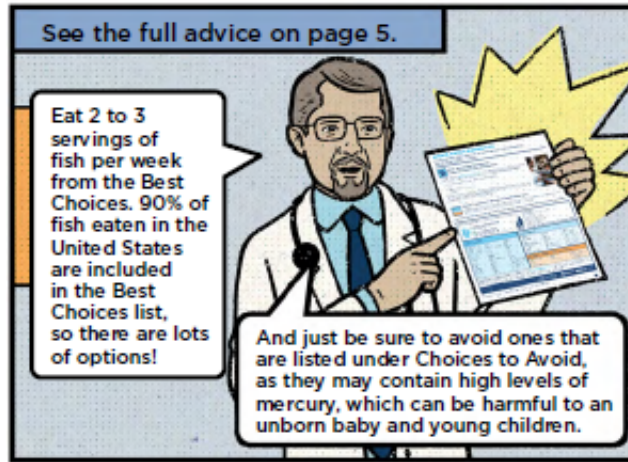


太好了。我也应该给孩子做这些菜。鱼里面的营养非常丰富，对孩子的健康很好。



是的，这份图表可以帮助你轻松地为孩子和自己选择鱼类。你的孩子都已经满2岁了，所以每周应该吃1到4盎司“最佳选食”清单中的鱼类或者2盎司“良好选食”清单上的鱼类。

Pilot Testing - Participant Insights



“Given that I was pregnant three times, I remember being in a situation where I’m more aware of what I consume, so how the story began was very realistic to me. Talking to the doctor and learning about information is also very realistic. Having relatives at home helping out, in this case a mom, is also very realistic.”

“When the mom gives the surprise to grandma and the grandma tells her what to eat. That is what happened with me, my mom told me what I should eat or should not eat. They are very involved in the life of the family. Usually, in Latino communities is not just the father, mother, and the kids, it is also the grandma, the aunts, and everybody is involved.”

“The story is trying to inform people about the benefits of eating fish and how much people should eat, and when you’re pregnant what kind of fish is safe, or not so safe to eat.”



“It’s very interesting, very colorful. It provides information in an interesting way like in a story. It’s more interesting than just in a pamphlet. The story makes it more interesting to read.”



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