



Heavy metals in baby food

Toxicological risks

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Heavy metals can impact a child's health

- Lead, mercury, cadmium and arsenic are metals or metalloids that can alter a child's development. These changes can be permanent.
- These metals can cause health problems starting in infancy that continue into adulthood.
- Long-term exposure may increase the risk of cancer and cause damage to the kidneys, heart and central nervous system.
- Children are more vulnerable because of their smaller size, higher relative consumption of food, and rapid neurological development.

Health effects of lead

- There is no safe level of lead in the body.
- Even low levels of lead impair development in children.
- Lead in a child's body can:
 - Hurt their brain, kidneys and nervous system
 - Slow down growth and development
 - Make it hard to learn
 - Damage hearing and speech
 - Cause behavior problems
- Many Vermont children are already at risk of lead exposure from paint or other lead sources in the home.

Health effects of mercury

- Mercury in a child's body can affect their:
 - Hearing
 - Learning
 - Movement, coordination and balance
 - Heart function

Health effects of arsenic

- Arsenic in a child's body can:
 - Alter their neurodevelopment, leading to impaired memory, learning problems and behavioral problems
 - Lead to an increased risk of cancer including skin, bladder, and lung cancer
 - Cause heart defects
 - Increase risk of early death
- Some people in Vermont are already exposed to too much arsenic through drinking water.

Health effects of cadmium

- Cadmium in child's body can:
 - Alter brain development in infancy
 - Damage kidneys
- Kidney disease is a rising public health concern.
 - 90% of adults with kidney disease don't know they have it.

Reducing heavy metals in baby food can lead to better outcomes for Vermont children.

- Reduced exposure to heavy metals **reduces a child's risk of:**
 - Memory problems
 - Behavioral problems
 - Lower IQ
 - Heart dysfunction
 - Cancer

Thank you!

Let's stay in touch.

Email: Julie.Arel@vermont.gov and Andrea.Kirk@vermont.gov

Web: HealthVermont.gov

Social: @HealthVermont

