



PROTECT•PREVENT•NURTURE

POTENTIALLY HARMFUL COMMONLY-USED PRODUCTS

Lead is a toxic metal that can cause serious health issues for pregnant individuals and their unborn babies. **No level of lead in the blood is safe!**



The only way to know if you or your child has lead poisoning is to get a blood lead test.

- Tell your healthcare provider about your possible lead exposure and ask for a blood lead test.
- If you do not have insurance, contact your county health department for testing information.

How can you protect yourself and your baby from lead poisoning?

- Avoid food, drinks, clothing or products that are known to have high levels of lead whenever possible.
- Find out where your items are manufactured, what materials / ingredients they contain and their origin.
- Check regularly for recalls on the goods and food items you buy.

Check for product recalls:

- **United States Consumer Product Safety Commission**
www.cpsc.gov/recalls
- **U.S. Food & Drug Administration (FDA)**
www.fda.gov/safety/recalls-market-withdrawals-safety-alerts
- **U.S. Department of Agriculture (USDA)**
www.fsis.usda.gov/recalls
- **NJ.com**
www.nj.com/food-recalls

Pay attention to the products you use:

Check product ingredients, read labels or use free apps to find out if products have harmful toxic chemicals.

- **Clearya**
www.clearya.com
- **Yuka**
www.yuka.io/en
- **EWG's Healthy Living**
www.ewg.org/apps



Scan for more
information on
the resources
listed

Always read labels for lead warnings:



Scan to learn more about
lead and pregnancy.



See other side for
more information



SOURCES OF LEAD EXPOSURE



Food

Food may contain lead if it was grown or made in contaminated soil, water or processing facilities. Some food items that have been found to have high lead levels include:

- Sea moss and seaweed
- Cordyceps and Chanterelle mushrooms
- Protein powders or bars
- Candy and snacks imported from Mexico or China that contain tamarind or chili
- Imported spices and herbs such as turmeric, chili powder, paprika, cinnamon, masala and curry



Cosmetics

Cosmetics from off-brand and foreign sources are more likely to contain lead. Check the ingredients, look for lead-free labels on the packaging and use trusted brands.

- Traditional black eyeliner such as kohl, surma or kajal
- Nail polish
- Bright color powders and lipsticks
- Henna
- Skin lightening cream
- Hair dye made before 2022



Home Remedies

Some traditional, folk and home remedies may contain lead or become contaminated during production or packaging. Common examples include:

- Ayurvedic remedies
- Greta
- Azarcón
- Sindoor
- Pay-loo-ah
- Kohl or surma
- Untreated kaolin
- Red or orange powders



Dishes & Cookware

Dishes and cookware made with lead can cause lead poisoning if used for cooking, eating or drinking. Avoid using dishes and cookware if they are:

- Antique or made before 1980
- Painted with lead-based glaze
- Made from terracotta
- Cracked, chipped or corroded
- Decorative with paint on top of the clear coat
- Made with aluminum containing Hindalium/ Hindolium or Indalium/Indolium



Clothing

Inexpensive and low-quality clothing from companies like Shein and Temu have been found to contain high levels of lead. Avoid clothing with lead acetate on the label. Higher-risk clothing and accessory items include:

- Shoes
- Jewelry
- Faux leather items
- Handbags
- Wallets
- Bright colors in synthetic materials



Candles

Candles and incense made outside the United States may have lead-cored wicks or use lead to harden the material. When burned, they release lead into the air as a harmful gas.



PROTECT • PREVENT • NURTURE



THE
COOPERATIVE

