

Heavy metals, chemicals, and pesticides

Zinc from the coating material used for the can

> Aluminum from the cans



Tin from the protective material used for preventing cans from rusting

Bisphenol A (BPA)

Hexachlorocyclohexane (HCH)

> Dichlorodiphenyltrichloroethane (DDT)

Choosing canned tuna for babies

Look for BPA-free labels





Pick olive oil versions if opting for oil-packed canned tuna

Avoid dented or bulged cans



References

- 1. Zinc, aluminum, tin and Bis-phenol a in canned tuna fish commercialized in Lebanon and its human health risk assessment; National Institutes of Health
- 2. Monitoring of bisphenols in canned tuna from Italian markets; National Institutes of Health
- 3. Organochlorine pesticides in canned tuna and sardines on the Serbian market; Informa



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