

POINTS TO REMEMBER WHEN INTRODUCING RICE CEREAL



Brown rice contains more arsenic



It is advisable to opt for white rice for babies. Levels of inorganic arsenic may vary among brands. Keep an eye on the consumer reports to identify the best brands. Make sure you get your home groundwater checked periodically for arsenic levels.

Opt for fortified cereals



Fortified cereals ensure more nutrition for your baby. They may also meet safety standards and have no arsenic.

Choose the correct method of making rice cereal at home



Rinse raw rice before cooking. Cook rice in 6:1, water to rice ratio, and drain the excess water once the rice is cooked. This may reduce some nutrients but decreases arsenic levels by 30%.

References

- 1 Baby Food for Thought: How Safe is Rice Cereal?; University of Rochester
- 2 Arsenic in your food; Consumer Reports