

Arsenic in your food: an update

☒ Good News.

Last year we responded to your [concerns about arsenic in food](#), particularly rice, and shared with you the FDA's recommendation at that time.

We are relieved that after considerable research which included analyzing over 1300 samples of rice products, the FDA scientists determined that "... the levels of inorganic arsenic found in the samples are too low to cause immediate health damage." Please see [this link](#) for the details of the investigation and recommendations.

Bottom line: continue to offer a well-balanced diet to your children and vary the types of grains that you serve to your families.

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