

Don't Let Lead Ruin Dinner!

What is lead poisoning?

Lead poisoning happens when swallow or breathe lead. There is no safe level of lead a person can have. Lead poisoning is 100% preventable.

Lead is a serious health concern for all families.

Lead can be found in paint or industrial hazards. Lead can also be in our items that we use day-to-day, and even in our food. Lead is sometimes found in spices.

Do all spices have lead?

Not all spices contain lead. Certain spices, have tested positive for lead. Spices tested and found to have lead are:

- Chili powder
- Turmeric
- Paprika
- Saffron
- Coriander
- Ground black pepper



Learning how to avoid contaminated spices can prevent lead poisoning.

Why do spices contain lead?

Spice sellers add lead for many reasons. If they sell a spice in bulk, sellers add lead to increase the weight. Lead also makes the color of spices more vibrant. Sometimes lead is in the soil, fertilizer, or water used to grow the plants used in spices. Lead can also enter through processing equipment used to make spices.

There are many ways lead can find its way into a spice, but there are many ways to prevent lead from entering your home.

Do my spices have lead?

Spices contaminated with lead can find their way into our home if we're not careful. Spices are more likely to contain lead if:

- **The spice is from outside of the U.S.** Spices brought from outside the U.S are more likely to have lead. Spices that are imported or made in U.S. follow stronger rules about the amount of lead that can be in our food.
- **The spice is in an unlabeled container.** Spices from unmarked or unlabeled containers may contain lead. Only use spices that are properly labeled.

Can I check if my spices have lead?

Checking spices for lead requires a laboratory test. Unlike home test-kits for painted surfaces or pottery, only a laboratory can confirm the presence of lead in spices.

What do I do if I think my spices have lead?

Stop using the spices and contact your doctor to ask for a blood lead test.