

## **Arsenic in food: What you must know**

The risks of arsenic in the food supply have been on Consumer Reports radar since tests in 2012 and 2011 found worrisome levels of the heavy metal in rice and apple juice. Now newer evidence released in the past year has increased the knowledge about possible long-term health risks of consuming arsenic.

Last July researchers in the United Kingdom and India published the first study to show that frequently eating rice high in arsenic can lead to genetic damage in cells associated with cancer. (It's not yet clear whether the findings would apply to people in the U.S., who have fewer nutritional problems than those in the study group.) Other new studies suggest that chronic exposure to the toxin, especially in utero or in early childhood, may increase the risk

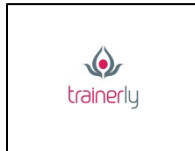
### **WHAT TO DO**

Consumer Reports Food Safety and Sustainability Center is pressing for federal limits on the amount of arsenic allowed in food and beverages. To cut your risk:

- Diversify your grain consumption to include grains other than rice.
- Rinse rice before cooking, and use a ratio of 6 cups of water to 1 cup of rice to cook it (draining the excess water afterward).
- Limit children's consumption of apple and grape juice. Children up to age 6 should have no more than 4 to 6 ounces a day.

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