

# Did you know there is lead in some candy from Mexico?



**Is this true or are people just picking on Mexico? It is true that lead has been found in some chili and tamarind candy from Mexico.**

The lead in the candy can come from many places. It can be in the soil where chilies are grown. It can be in the factories where candy is made. It can even be in the ink on the candy wrappers. People selling these candies may not know there is lead in it. **You can't tell if candy has lead in it just by looking at it or tasting it.**

**What is lead poisoning and how does it hurt children?**

Lead is a dangerous metal found in nature. It can be found in dirt and dust. It can also get into some things we eat. Even very small amounts of lead are not safe for children. **A child can have lead poisoning and not look or act sick.** Lead hurts a child's brain and causes problems that can't be reversed.

**I grew up eating candy made in Mexico and there is nothing wrong with me!**

It is only in the last 10 years that candy has been tested for lead. No one is sure if lead in candy from Mexico is a new problem or an old problem. What we are sure of is that lead is dangerous for children.

**What is being done about lead in candy?**

Some candy has been banned and can't be sold in the U.S. Mexican and American companies in Mexico are being visited to make sure their candy is safe. Candy from different countries is being tested for lead.

**What should I do for my children and family?**

Check the list for safer candy choices at [www.leadinmexicancandy.com](http://www.leadinmexicancandy.com). The list will have the most recent information about candies and candy companies that are lead-safe. Ask your health care provider to have your child tested for lead. Most children are tested when they have their regular check-up at 1 and 2 years old.



**Is your  
candy  
safe?**

## How can I get more information about lead?

- Ask a health care provider and find a Childhood Lead Prevention Program near you. They can give you information about lead and help get your child tested.
- See a list of safe candy at [www.leadinmexicancandy.com](http://www.leadinmexicancandy.com)