

How to reduce your exposure to arsenic and lead in common foods

33
As
Arsenic

82
Pb
Lead

Juice

Purchase organic and cut the possible heavy metal content by diluting juice with water.

Rice

Choose white rice over brown. Purchase organic rice grown abroad over US grown rice and prepare properly. Thoroughly rinsing and cooking your rice with six cups of water to one cup of rice and then draining the excess water is one way to reduce this harmful carcinogen. While this will lead to higher levels of micronutrient loss than conventional methods, it can reduce inorganic arsenic content by about 30 percent.

Cured Meats

Read the ingredients on cured meats, including bacon, carefully. Purchase those cured without synthetic nitrates. Avoid ingredients such as sodium or potassium nitrate. Opt for meats cured with either sea or celery salt.

Poultry

Purchase your poultry organic to ensure that arsenic has not been used in the feed. Additionally, opt for a pastured bird whenever possible for higher micronutrient content.

Created by Calton Nutrition

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