

What Consumers Need To Know About Heavy Metals And Spice Safety



Spices come from crops grown around the world. Heavy metals occur naturally in the earth's crust. Plants that come into contact with soil or ground water can take up trace amounts of heavy metals.

The spice industry helps farmers employ good agricultural practices, including how to best grow crops, manage irrigation, monitor soils, and transport product to minimize heavy metals.



Global regulators agree spices are safe. The spice industry keeps products safe by enforcing import quality standards, using cleaning methods to minimize soil contributions, and adhering to practices that prevent processing contributions.

With all of this in mind, it's also important to know that we eat small amounts of spices. Only 0.5 grams of spices are consumed per meal, compared to 240 grams of milk.



Spices account for a very small amount of our total dietary lead exposure. Spices represent less than 0.1%, compared to grains at 27.5% and fruits at 24.7%.

The spice industry is committed to ensuring that spices used by families, chefs, and manufacturers remain safe, because they are an essential part of cuisine for many cultures as recipes are passed through generations.

