

## Foodstuffs to Avoid with Preschool Aged Children

- Foreign frozen berries. Risk of Noro virus and Hepatitis-A virus. Must be heated at 90 °C for five minutes, or boiled for 2 minutes.
- Green, sprouted or damaged potatoes. High solanine levels (natural toxin).
- Unripe tomatoes. High tomatine levels (natural toxin).
- Raw beetroot. Risk of food poisoning. Must be well-cooked. Raw beetroot is not to be used.
- Sprouts. Risk of EHEC and Salmonella bacteria when not heated. To be heated before use.
- Mushrooms. Some contain natural toxins. Edibility must be verified, and processing according to species.
- Morel mushrooms. Despite processing, contain residues of morel-mushroom toxin.
- Raw-grain/ seed porridges that have been prepared by soaking. The level of product hygiene may be poor.
- Restrictions regarding fish. Only 1-2 times per month: large, uncleaned herring more than 17cm in length, pike or alternatively salmon or trout caught in the Baltic Sea. Mercury, PCB, dioxin or radioactive substances.
- Sausage, hot dog sausages and deli meats. Large amounts of nitrite may have adverse effects on oxygen delivery in the body of a small child. They also contain saturated fats and salt.
  - 1 to 2-year-olds: at most one meal containing sausage per week, and at most 3-4 slices of deli meats per week.
  - Over 2-year-olds: no more than 150g per week.
- Liver, liver dishes, liver sausage and liver pâtés. High level of Vitamin A. Excess consumption may result in malfunctions of liver and metabolism. Maximum intake: liver sausages and liver pâtés 70g per week and additionally 300g of liver casserole per month.
- Raw meat, raw minced meat and steak tartare. Risk of infection, e.g. EHEC bacteria, Salmonella and Yersinia.
- Poultry. Risk of Salmonella and Campylobacter infections. Serve only when cooked thoroughly, inside temperature must be more than 75 °C.
- Liver and kidneys of elks older than 12 months. High Cadmium content.
- Raw milk and unpasteurised milk. Bacteria risks. Must be used as quickly as possible and only after being heated.
- Cheeses made from unpasteurised milk. Risks of pathogenic organisms.
- Coffee, caffeinated drinks (e.g. colas) as well as products that contain added caffeine. May cause palpitations and insomnia even when consumed in small quantities. Only for occasional consumption.
- Herbal-tea beverages. May contain naturally harmful substances.
- Wheatgrass juice, lactic acid fermented juices. The level of product hygiene may be poor.
- Rice beverages. Not to be used as the primary beverage for children under the age of 6 years (e.g. as a mealtime drink). The nutrient content does not meet the child's needs. High level of arsenic.
- Food products that contain benzoic acid or benzoates as additives. The safe daily intake must not be exceeded. Juice beverages that contain these additives are not recommended for daily intake.
- Oilseeds (e.g. flaxseeds, pine nuts, chia seeds, hemp seeds, sesame seeds, pumpkin seeds, poppy seeds and sunflower seeds). High nickel and cadmium content. No more than 1 Tbsp per day.
- Apricot kernels. Should not be used. High amygdalin content (natural toxin). Pose a risk of cyanide poisoning.
- Cinnamon (Cassia cinnamon). High coumarin content (natural toxin). Not for daily intake. Ceylon cinnamon has much lower coumarin content.
- Seaweed products. Some have high iodine content. Not for consumption if iodine content is unknown or if the iodine content of the product is high.
- Herbal products that are sold as dietary supplements. May contain naturally-occurring harmful substances.
- Source: Eating together – food recommendations for families with children. The National Institute for Health and Welfare (THL), and the National Nutrition Council 2019.
- Please see [www.ruokavirasto.fi](http://www.ruokavirasto.fi) for the latest version of the Finnish Food Safety Authority (Ruokavirasto) Instructions for safe use of foodstuffs (Table)