

Update on High Blood Lead Levels in Children Consuming Recalled Cinnamon Applesauce Pouches and Potential Chromium Exposure

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See full text at: <https://emergency.cdc.gov/newsletters/coca/2024/010524.html> and guidance for managing lead exposure in California children at: [California Management Guidelines on Childhood Lead Poisoning for Health Care Providers](#)

The Centers for Disease Control and Prevention (CDC), the Food and Drug Administration (FDA), as well as state and local officials are investigating a link between blood lead levels (BLLs) ≥ 3.5 $\mu\text{g/dL}$ and children consuming certain apple purée and applesauce products containing cinnamon.

FDA product testing has also identified high levels of chromium in cinnamon samples and recalled apple cinnamon puree pouches.

Recommendations for Clinicians:

For Possible Lead Exposure

- Counsel patients and/or their caregivers and guardians not to eat cinnamon-containing apple purée or applesauce products named in the FDA recall announcements.
- Educate patients and/or their caregivers and guardians about the health effects of lead exposure in children.
- Obtain a blood lead level in all patients who have consumed a recalled applesauce pouch product using either a capillary or venous blood sample.

For Possible Chromium Exposure

- Acute ingestion of chromium exceeding dietary recommendations may result in abdominal pain, nausea, vomiting, diarrhea, anemia, and renal and hepatic dysfunction.
- Medical treatment for chromium exposure is supportive as indicated from the clinical presentation. There is no specific antidote to treat chromium exposure, and there is no evidence to support the use of chelation therapy.
- Consider obtaining a urinalysis and comprehensive metabolic panel (CMP) including electrolytes, liver enzymes, and BUN/creatinine to assess for hepatic and renal injury. A complete blood count (CBC) can be used to assess for anemia and iron deficiency.
- Clinicians may consider testing urine, blood, or serum chromium levels but results may be difficult to interpret and do not guide clinical management.
- Contact your local poison center (1-800-222-1222) for advice on diagnosing and managing lead and chromium toxicity.
- Consider consulting a [medical toxicology specialist](#) or a [Pediatric Environmental Health Specialty Unit \(PEHSU\)](#) expert for guidance regarding individual patients.

