

Manufactured Baby Foods: Fruit Juices

Food	Content (mg/100g)	Standard error	Source
Apple - BeechNut	2.8	0.2	**
Apple - Heinz	2.4	0.4	**
Apple - Gerber	1.7	0.6	**
Orange - Gerber	2.8	1.2	**
Orange - Heinz	1.8	0.4	**
Orange - BeechNut	not commercially available		
Pear - BeechNut	1.3	0.7	**
Pear - Gerber	1.2	0.2	**
Pear - Heinz	0.6	0.2	**
White Grape - BeechNut	1.0	0.4	**
White Grape - Gerber	0.6	0.6	**
White Grape - Heinz	not commercially available		

** Gross, Weese, Johnson, Gropper J Food Comp. Anal. 1995

Manufactured Baby Foods: Fruits

Food	Content (mg/100g)	Standard error	Source
Applesauce - Heinz	15.6	0.5	***
Applesauce - Gerber	13.6	0.5	***
Applesauce - BeechNut	9.6	2.6	***
Banana - Heinz	5.1	0.3	***
Banana - Gerber	4.1	1.1	***
Banana - BeechNut	2.6	0.4	***
Pear - BeechNut	2.9	0.6	***
Pear - Gerber	2.4	0.1	***
Pear - Heinz	1.4	0.1	***
Apricot - BeechNut (apples, pears)	1.6	0.2	***
Apricot - Gerber (tapioca)	none detected		***
Apricot - Heinz (tapioca)	none detected		***
Peach - Gerber	0.3	0.4	***
Peach - BeechNut	none detected		***
Peach - Heinz	none detected		***

Manufactured Baby Foods: Vegetables

Food	Content (mg/100g)	Standard error	Source
Creamed Spinach - Gerber (contains nonfat dry milk, rice, oat flour, and onion)	13.4	1.3	***
Creamed Spinach - BeechNut	not available		***
Creamed Spinach - Heinz	not available		***
Yellow Squash - Gerber	58.5	7.8	***
Yellow Squash - Heinz	5.8	1.0	***
Yellow Squash - BeechNut	0.9	0.3	***
Carrots - Gerber	4.4	0.6	***
Carrots - BeechNut	0.8	0.1	***
Carrots - Heinz	0.2	0.0	***
Sweet potatoes - Gerber	3.9	0.3	***
Sweet potatoes - BeechNut	1.1	0.1	***
Sweet potatoes - Heinz	0.7	0.1	***
Beets - Gerber	3.0	0.6	***
Beets - Heinz	0.9	0.1	***
Beets - BeechNut	not available commercially		***
Greenbeans - Heinz	0.6	0.1	***
Greenbeans - Gerber	0.4	0.1	***
Greenbeans - BeechNut	0.3	0.1	***
Peas - BeechNut	0.6	0.1	***
Peas - Gerber	0.2	0.0	***
Peas - Heinz	0.04	0.0	***

Manufactured Baby Foods: Jarred Cereals

Food	Content (mg/100g)	Standard error	Source
Oatmeal - BeechNut (contains apples)	2.0	0.3	**
Oatmeal - Gerber (contains apples and bananas)	1.1	0.2	**
Oatmeal - Heinz (contains apples and bananas)	0.5	0.3	**

Mixed - Gerber (contains oat, rice, and wheat)	0.7	0.2	**
Mixed - Heinz (contains oat, rice, wheat, apples and bananas)	Trace		**
Mixed - BeechNut	not available commercially		**
Rice - BeechNut (contains apples)	0.1	0.1	**
Rice - Gerber (contains apples and bananas)	0.1	0.1	**
Rice - Heinz (contains apples and bananas)	Trace		**

** Gross, Weese, Johnson, Gropper J Food Comp. Anal. 1995

Manufactured Baby Foods: Boxed Cereals

Food	Content (mg/100g)	Standard error	Source
Barley - Heinz	1.5	0.3	**
Barley - Gerber	0.7	0.3	**
Barley - BeechNut	not available commercially		
Rice with Banana - Gerber	3.6	0.3	**
Rice with Banana - BeechNut	not available commercially		**
Rice with Banana - Heinz	not available commercially		**
Rice with Apple - BeechNut	1.5	0.4	**
Rice with Apple - Gerber	not available commercially		**
Rice with Apple - Heinz	not available commercially		**
Rice - BeechNut	not detectable		**
Rice - Gerber	not detectable		**
Rice - Heinz	not detectable		**
Oatmeal with Banana - Gerber	1.2	0.6	**
Oatmeal with Banana - BeechNut	not available commercially		**
Oatmeal with Banana - Heinz	not available commercially		**
Oatmeal - BeechNut	not detectable		**
Oatmeal - Gerber	not detectable		**
Oatmeal - Heinz	not available commercially		**
High Protein - Heinz	0.5	0.1	**
High Protein - Gerber (contains soy, oat, and wheat)	0.4	0.1	**
High Protein - BeechNut	not available commercially		**
Mixed - Gerber	0.5	0.2	**
Mixed - Heinz	0.3	0.3	**
Mixed - BeechNut	not detectable		**

** Gross, Weese, Johnson, Gropper J Food Comp. Anal. 1995

Please Note: These listings are provided to the best of our ability. Please use the advice of your physician and cross check this list for accuracy.