

Caution!

Chapulines

may have lead

Chapulines are dried grasshoppers and are a popular snack in some areas of Mexico. They are often seasoned with salt, lime, and chili. While they are an important cultural food and good source of protein, some chapulines sold in Mexico and California may have high levels of lead.

Lead in chapulines or other sources can cause health problems, especially for children and pregnant people. Lead poisoning can make it hard for children to learn, pay attention, and do well in school.

HOW DOES LEAD GET INTO CHAPULINES?

Lead is absorbed into the grasshopper's body from lead in the environment, including soil and leaves that the grasshopper eats. Lead can also get into chapulines during the drying or seasoning process. If the chapulines are cooked or stored in pottery that has lead in it, the lead from the pottery can get into the chapulines.



WHY IS THIS A PROBLEM?

There is no safe amount of lead in the body and people with lead poisoning often don't have symptoms. Lead adds up in the body over time, so eating chapulines with lead can be dangerous.

HOW CAN I KEEP MY FAMILY SAFE?

Avoid eating chapulines that were prepared or stored in glazed clay pottery (chilmolera, molcajete) or come from places with lead in the environment. Try other spiced snacks that are high in protein, like roasted nuts or peanut butter with celery sticks.

Ask your child's doctor for a blood lead test.



For more information, visit
www.cdph.ca.gov/Programs/CLPPP or contact:



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