

Maternal Diet

At the request of the Scientific Advisory Committee on Nutrition (SACN), the COT have been undertaking risk assessments of a range of chemicals and naturally occurring compounds in the maternal diet which will help to develop recommendations to consumers. To date, the following risk assessment have been completed.

Cadmium

[Cadmium in the Maternal Diet - Introduction | Committee on Toxicity](#)

Vitamin A

[Statement on the effects of excess Vitamin A on maternal health | Committee on Toxicity](#)

Iodine

[Statement on the potential effects that excess iodine intake may have during preconception, pregnancy and lactation | Committee on Toxicity](#)

Vitamin D

[Statement on the potential effects of excess vitamin D intake during preconception, pregnancy and lactation | Committee on Toxicity](#)

Lead

[Statement on the effects of lead on maternal health | Committee on Toxicity](#)

Raspberry leaf tea

[Raspberry leaf tea | Committee on Toxicity](#)

Ginger

[Statement on the Safety of Ginger Supplement Use in Pregnancy | Committee on Toxicity](#)