

# 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](#)

## Ginger

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

## Iodine

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

## Lead

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

## Mercury

[Statement on the Effects of Mercury on Maternal Health](#)

## Raspberry leaf tea

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

## **Vitamin A**

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

## **Vitamin D**

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