

These five Trader Joe's foods contain dangerous levels of lead

Consumers should avoid five popular Trader Joe's products that contain far more lead than considered acceptable for adults to consume in an entire day.

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/EINPresswire.com/ -- Consumers should avoid five popular Trader Joe's products that contain so much lead they are well beyond California's maximum limit for adults to consume in an entire day.

"We all love and trust Trader Joe's. That's why it's disappointing to discover they are selling foods they have been told contain absurd amounts of lead," said [Vineet Dubey](#), a Los Angeles environmental attorney who sued the grocery chain this week to push it to ditch the products or add a label that warns consumers about the dangerous levels of lead.

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Vineet Dubey, environmental attorney



These are some of the popular Trader Joe's products that contain large amounts of lead

One of these foods, Trader Joe's Super Spinach Salad, has more than 50 times the allowable limit — in a single serving.

The other Trader Joe's products are palak paneer, with more than 32 times the allowable limit; riced cauliflower stir fry, at 20.8 times; organic pesto tortellini, at 20 times the limit; and vegetarian spring rolls, with 8.8 times the limit.

Lead is a heavy metal that builds up in the human body over years, resulting in lead poisoning. Lead poisoning in adults can result in miscarriage, male infertility, hypertension and neurological problems such as mood disorders, memory loss, tremors and hallucinations.

In children, lead poisoning can seriously damage a child's brain and nervous system, stunt their growth and development, and cause hearing and speech problems. Lead can impact a child's ability to learn and also manifest as behavior problems.

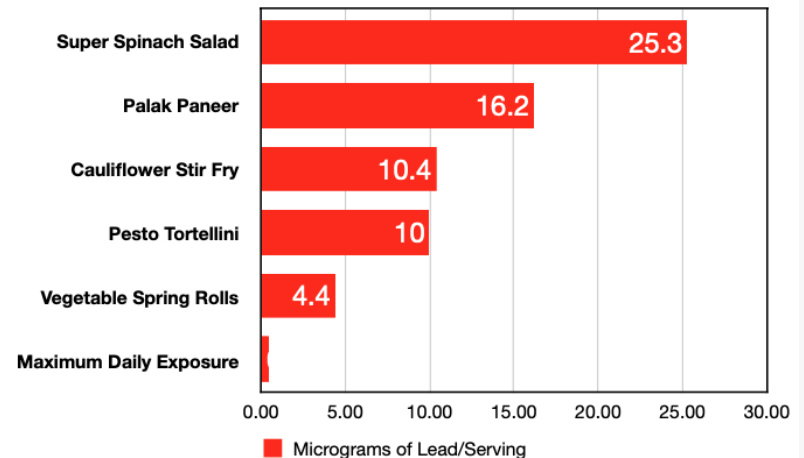
The lawsuit was filed at Stanley Mosk Courthouse in Los Angeles; [Ecological Alliance LLC v. Trader Joe's Co., 21STCV42364 \(L.A. Sup. Court, filed Nov.17, 2021\)](#)

About Vineet Dubey, a co-founding partner of Los Angeles-based [Custodio & Dubey LLP](#), has dedicated his law career to pursuing environmental litigation, primarily suing companies that are selling goods to the public containing toxic and cancer-causing chemicals.

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Dangerous Lead Content In Trader Joe's Products

	Micrograms of Lead/Serving
Super Spinach Salad	25.30
Palak Paneer	16.20
Cauliflower Stir Fry	10.40
Pesto Tortellini	10.00
Vegetable Spring Rolls	4.40
Maximum Daily Exposure	0.50



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