Nutritional Recommendations

Serve calcium-rich foods like milk, cheese, yogurt and greens. Serve iron rich foods like beef, chicken, iron-fortified cereal, green leafy vegetables, dried fruits and beans. Provide foods rich in Vitamin C with meals to improve iron absorption. Serve regular meals and snacks. Limit foods high in fats.

Even children who look healthy may have lead poisoning.

A blood test is the only way to know.

Lead poisoning is 100% preventable.

Keep your home and newborn lead safe!
Lead Poisoning is Dangerous to Everyone - Especially Babies

Possible Effects of Lead to Your Baby

When not detected early even low levels of lead exposure can affect your child in these ways.

• Damage to the brain and nervous system.
• Learning and behavioral problems.
• Decreased muscle and bone growth.
• Hearing problems.

High levels of lead exposure can cause mental retardation.

Simple Steps to Protect Your Child

• Prepare baby formula with cold tap water instead of hot water. Flush cold water for at least one minute. This will flush any lead picked up from the pipes.

• Feed your baby foods that protect against lead. Serving foods that are high in iron and calcium can help lower the family’s lead risk.

• Wash your baby’s pacifier often. Use a pacifier that can be attached to your baby’s shirt so it will not fall on the floor and pick up lead dust.

• Wash your baby’s hands and toys often. Babies put their fingers and other things in their mouths that might have lead dust on them. Washing helps lower the risk.

• Take your baby for regular health care visits. All children should be tested by their first birthday, and again when they’re two.

• Do not allow young children to chew on windowsills, miniblinds, and painted surfaces.

Ask your baby’s doctor to test your child for lead at 9-12 months and at two years of age.

Your baby may be exposed to lead in these ways:

• If you live in a house built before 1978, lead may be in the paint or plumbing.

• A family member whose job or hobby exposes them to lead.

• Vinyl mini blinds made before 1996.

• If you live near an industry that may release lead.

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