

Make Good Food Choices To Help Prevent Lead Poisoning

Lead poisoning can cause your child to have learning and behavior problems, anemia, hearing loss, kidney disease, and poor growth. It can even cause your child to have a lower IQ. Your child can get lead from lead-based paint, dust and soil, water, air, and take-home exposure from a family member's job.



You can protect your child by making good food choices. Good nutrition will help prevent lead poisoning. Make sure your child eats regular, healthy meals and snacks. A child with an empty stomach will absorb more lead. Serve foods high in iron and calcium, and limit foods high in fat.

Foods With Calcium and Iron Protect the Body Against Lead

Calcium Sources:



Milk & Cheese
Salmon
(with bones left in)
Greens
Broccoli
Green & Wax Beans
Okra
Eggs
also Sardines, Cottage Cheese,
Dried Beans, & Yogurt

Iron Sources:



Iron-fortified Cereals
Red Meats
Greens
Peas
Shrimp
Broccoli
also Liver, Molasses, Dates,
Raisins, Oysters, Lentils,
Soybeans, Sardines,
Prune Juice, and Scallops

Remember,

Always Wash Your Child's Hands Before Eating To Wash Off Any Lead Dust.

- Eat lowfat or nonfat dairy foods, lean red meat, poultry, fish, dried beans, and peas.
- Trim fat from meat and remove skin from poultry before cooking.
- Avoid fried foods – bake, boil, or broil instead.
- Use less oil, butter, lard, salad dressing, and mayonnaise.
- Limit foods with fat, such as potato chips, cakes, cookies, donuts, pies and other snacks.

To learn how you can protect your child from lead poisoning call:

1-833-667-1495