



Too much lead in a child's body can cause serious health and learning problems. Eat foods high in iron, vitamin C, and calcium to help protect against lead poisoning.

# Healthy

## To Prevent Lead Poisoning

### IRON

High blood lead levels reduces the iron in your blood cells. Low iron may cause iron deficiency anemia. Each day, give your child high iron foods such as red meat, fish, poultry, iron-enriched cereals, and spinach. The iron found in animal products is easier for your body to use than the iron found in plant foods. Adding foods that are high in vitamin C will also help your body use the iron found in plant foods. Eat foods with high vitamin C with high iron plant foods at the same meal. Be sure to trim off the extra fat from the meat before cooking.



#### High Iron Animal Products:

- Ground beef
- Beef - top sirloin
- Beef - chuck, blade roast
- Beef - ribs
- Beef - bottom round
- Organ meats (liver, giblets)
- Sardines
- Shrimp - canned
- Lamb - shoulder
- Duck meat
- Clams
- Cooked oysters

#### High Iron Plant Foods: (Eat these with high vitamin C foods.)

- Fortified dry cereals
- Fortified instant cooked cereals
- Soybeans
- Pumpkin and squash seed kernels
- White beans - canned
- Blackstrap molasses
- Lentils
- Spinach
- Kidney beans
- Chickpeas
- Black eyed peas
- Potatoes
- Prune juice
- Cowpeas
- Tomato puree
- Lima beans
- Green soybeans
- Navy beans
- Refried beans
- Tomato paste
- Iron fortified infant formula
- Tofu
- Swiss chard
- Turnip greens

# VITAMIN C

Vitamin C helps your body better use iron found in plant foods. It is better to eat vitamin C containing foods and iron at the same meal. The Centers for Disease Control and Prevention recommends giving all children six months of age and older at least two servings of foods high in vitamin C each day.

## High Vitamin C Foods:

- Guava
- Red bell peppers
- Kiwi fruit
- Oranges
- Orange juice
- Green bell peppers
- Grapefruit juice
- Vegetable juice cocktail
- Strawberries
- Brussels sprouts
- Cantaloupe
- Papaya



- Edible pod peas
- Broccoli
- Sweet potatoes
- Tomato juice
- Cauliflower
- Pineapple
- Kale
- Mango
- Kohlrabi



# CALCIUM

Eating high calcium foods helps keep lead from being absorbed into your blood. It is recommended to have two servings each day of high calcium foods. Be sure to drink fat free or 1% milk starting at the age of 2 years.

## High Calcium Foods:

- Low fat yogurt
- Fat free or 1% milk (starting at the age of 2 years)
- Low fat cheese
- Broccoli
- Greens
- Kidney beans
- Calcium fortified juices
- Breast milk
- Iron fortified infant formula



## MORE TIPS:

- Eat foods in places that have a low risk for lead exposure; for example, at a table rather than on the floor.
- Wash your hands before eating.
- Use lead free containers, cookware or tableware. Some cookware and pottery may contain lead.
- Enjoy regular meals and snacks. Lead is more easily absorbed on an empty stomach.



**Learn more today!**  
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