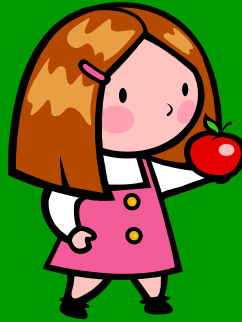


Make Good Food Choices To Help Prevent Lead Poisoning

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 paints, 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:

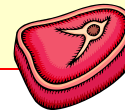
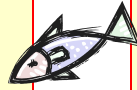
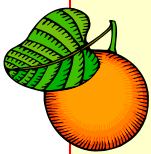
MILK & CHEESE
SALMON
(with bones left in)
OATMEAL
GREEN VEGGIES
FRUIT JUICE
MAC & CHEESE
EGGS

Also Cottage Cheese, Dried Beans, Nuts, pasta, & Yogurt

IRON SOURCES:

IRON-FORTIFIED CEREALS
WHOLE GRAIN BREAD
RED MEATS
TUNA
SEAFOOD
GREEN VEGGIES
NUTS
BEANS

Also Raisins, Prunes, Soybeans, rice/pastas



For a Healthier Lead Free Life Style Follow these Tips:

Always wash your child's hands BEFORE eating to wash off any lead dust and germs

- Eat low fat or non fat dairy foods, lean red meats, poultry, fish, dried beans, and green veggies
 - Trim fat from the meats and remove skin from poultry before cooking
 - Avoid fried foods and use less butter, lard, oil when cooking
 - Limit foods with fat and sugars, such as potato chips, cakes, and cookies
 - A good diet should include Vitamin C because it helps the body absorb Iron