



Well Fed

Means Less Lead





Protect Your Family From Lead with Healthy Foods!

Good nutrition is one way to protect your family from lead. Start with breastmilk. It provides the best nutrition and many health benefits for babies.

It is important that your family eats healthy meals and snacks lower in fat. Too much fat can increase lead absorption.

- Eat more baked, broiled and boiled foods instead of fried foods.
- Eat lean meats instead of high fat meats such as sausage, bacon and hot dogs.

- Eat more low fat snacks such as pretzels, graham crackers and frozen fruit juice pops instead of high fat chips and cakes.
- Eat more fresh fruits and vegetables.



Three Key Nutrients:

Iron, vitamin C, and calcium can play a role in protecting the body from lead. Choose a variety of these foods daily.

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Sources of Iron:

- Lean red meats, fish, chicken, turkey
- Legumes (peas, beans, lentils)
- Dark, leafy green vegetables
- Tofu
- Whole grains
- Eggs
- WIC-approved cereals

2

Sources of Vitamin C:

- Oranges and grapefruits
- Tomatoes
- Red and green bell peppers
- Kale
- Broccoli
- Brussels sprouts
- Strawberries
- WIC-approved juices

3

Sources of Calcium:

- Milk and fortified soy milk
- Yogurt
- Cheese and cottage cheese
- Tofu
- Calcium fortified orange juice
- Dark, leafy green vegetables



Keep Your Children Away from Lead

6 Things You Can Do

1. Wash your child's hands, pacifiers, and toys often.
2. Keep play areas clean. Regularly wet-wipe floors, window sills, and places your child plays.
3. Keep lead out of your child's mouth. Lead may be in keys, jewelry, make-up, dyes, toys, and old furniture.
4. Avoid cooking and storing foods in imported lead-glazed pottery or leaded crystal. Do not give your child sweets from other countries—they may contain lead.
5. Look for chipped or peeling paint. Lead may be in paint and dust inside and outside homes built before 1978. Do not let your child eat paint chips or chew on painted surfaces.
6. Avoid bare dirt where your child plays. Dirt may contain lead.

Lead Can Hurt Your Family

Lead is a metal that should not be found in the body because it can cause serious health problems. Children exposed to lead may not look or act sick, but may have problems such as:

- Learning disabilities
- Lowered intelligence
- Speech delays
- Behavior problems
- Hearing damage
- Brain, kidney and liver damage

Talk with your health care professional about testing your child for lead.



For More Information on Nutrition and Lead, Contact:

The National Lead Information Center
1 (800) 424-LEAD (424-5323)

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**California Department of Public Health,
Childhood Lead Poisoning Prevention Branch**

Telephone: (510) 620-5600

Website: www.cdph.ca.gov/Programs/CLPPB

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California Department of Public Health, California WIC Program

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