

Lead Poisoning Diet

Foods with **Calcium** and **Iron** Protect the Body Against Lead



Calcium Sources

Milk and milk products, cheese, salmon (with bones left in), greens (collard, mustard, etc.), broccoli, green and wax beans, sardines, cottage cheese, okra, dried beans, yogurt, eggs.

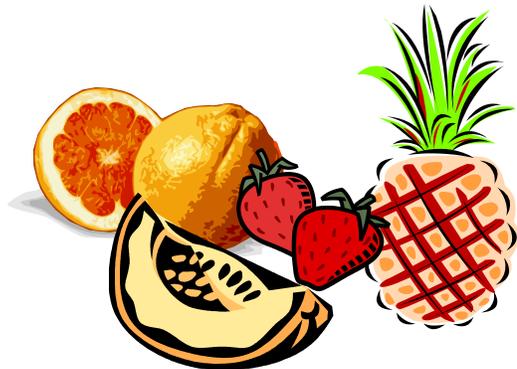
Iron Sources

Liver, iron-fortified cereals, red meats, molasses, spinach and greens (kale, collard, etc.), dried beans or peas, oysters, lentils, soybeans, sardines, prune juice, scallops, shrimp, broccoli.



Vitamin C Sources

Broccoli, Brussels sprouts, cabbage (raw), cantaloupe, cauliflower, grapefruit or grapefruit juice, green pepper, greens (collard, kale, beet, mustard, turnip), orange or orange juice, papaya, pineapple, potatoes, raspberries, spinach, strawberries, tomato or tomato juice, vitamin C-fortified cereal.



Choose **LOWFAT** Foods Since Fat Helps the Body Take in Lead

- Eat low-fat 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, broil. Or boil instead.
- Use less oil, butter, lard, salad dressing and mayonnaise.
- Limit foods with fat, such as potato chips, cakes, cookies, doughnuts, pies, and other snacks.

**Remember...always wash your child's hands
before eating, to wash off any lead dust.**

**For more information, see your family doctor or call
the health department at 1-800-432-4121.**

11 Steps to Protect Your Child from Lead

Do A Home Survey

1. Check for loose paint and plaster. Don't forget closets, behind beds, and outside. Have a professional make most repairs. Children and pregnant women must leave home while repairs are being made.
2. Remove paint chips and dust from inside windows and window sills.
3. Keep your home dust-free. Use door mats. Damp mop, damp dust, and vacuum at least once a week.
4. Remove painted toys if they were made outside of the USA. Remove old painted furniture.
5. Run the water from the faucet at least two minutes before drinking it in the morning, and if you have been away from home all day. Never use water from the hot water faucet for cooking or making baby formula.
6. Cover the dirt in your yard with grass, ground cover, or shrubs with wood chips underneath them.

Help Your Child Avoid Lead

7. Feed your child at least three nutritious meals every day on a regular schedule. Children need foods with calcium (milk, cheese, yogurt), iron (iron-fortified cereal, green leafy vegetables), and protein (lean meat, fish, poultry). Stay away from fried and fatty foods. A proper diet helps protect your child from lead poisoning.
8. Do not store food or formula in opened cans.
9. Teach your child not to put things in his or her mouth.
10. Wash your child's hands and face before each meal, snack, and bedtime. Clean toys and pacifiers often.

Don't Bring Lead Into Your Home

11. If you or other family members work where there is lead, change your work clothes and shoes at the work place. If possible, shower before going home. Wash work clothes separately. If you have a hobby that uses lead, follow the same precautions, and don't do the hobby at home.

In addition to these home safety measures, every child under the age of six should be screened for lead poisoning at least once a year. For more information, see your family doctor or call the health department at:

1-800-432-4121
www.nwhealth.org

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