

A HEALTHY DIET CAN HELP PREVENT LEAD POISONING

Encourage your child to eat regularly
A full stomach is less likely to absorb lead.

Recommendations

Good sources or foods to avoid



Eat Foods
High in Iron
and Protein

Good Sources Include:

- Lean red meats, chicken, and fish
- Leafy green vegetables (spinach and broccoli)
- Dried beans, peas, and lentils
- Dried fruits (raisins, prunes, and apricots)



Eat Foods
High in
Vitamin C

Good Sources Include:

- Citrus fruits and juices
- Tomatoes
- Raw cabbage, broccoli, and greens
- Potatoes and sweet potatoes



Eat Foods
High in
Calcium

Good Sources Include:

- Milk, cheese, and yogurt
- Leafy green vegetables
- Salmon and sardines



Avoid Foods High
in Fats
and Oils

Avoid These Foods:

- Fried foods such as, french fries, fried chicken and potato chips
- Pastry, cakes and other baked goods
- Butter, oil, and lard
- Hamburgers, bologna, salami, hot dogs, and bacon

