

IMPORTANCE OF A HEALTHY DIET

What you can do to protect your child from lead poisoning

There is no safe level of lead in your body. Children can absorb 4 to 5 times more lead than adults. And, lead is absorbed faster on an empty stomach. Foods rich in iron, calcium and vitamin C help protect your child from the harmful effects of lead. Provide your child with 4 to 6 small meals throughout the day.

IRON-RICH FOODS

Normal levels of iron work to protect the body from the harmful effects of lead.

Good sources of iron include:

- Lean red meats
- Fish and chicken
- Iron-fortified cereals
- Dried fruits like raisins and prunes



CALCIUM-RICH FOODS

Calcium reduces lead absorption and makes teeth and bones strong.

Good sources of calcium include:

- Milk
- Yogurt and cheese
- Spinach and kale
- Collard greens



VITAMIN C-RICH FOODS

Vitamin C and iron-rich foods work together to reduce lead absorption.

Good sources of vitamin C include:

- Oranges and orange juice
- Grapefruits and grapefruit juice
- Tomatoes and tomato juice
- Green peppers

