



Protect Your Family From Lead—Healthy Eating

Good nutrition is one way to protect your family from lead. Lead is a metal that our bodies don't need. Too much lead in our bodies can cause problems, especially for children. From the start, breast milk provides the best nutrition and many health benefits for babies. For children and adults, three key nutrients can play a role in protecting the body from the harmful effects of lead:

- ◆ calcium,
- ◆ iron,
- ◆ vitamin C

These nutrients help the body absorb less lead and are part of a healthy diet. Choose a variety of foods daily.

Good Sources of Calcium Include:

- ◆ Milk
- ◆ Cheese
- ◆ Yogurt
- ◆ Cottage Cheese
- ◆ Calcium fortified orange juice
- ◆ Dark, leafy green vegetables

Good Sources of Iron Include:

- ◆ Iron fortified cereals
- ◆ Lean red meats, fish, turkey, chicken
- ◆ Legumes (peas, beans, Lentils)
- ◆ Dark, green leafy greens
- ◆ Dried fruits

Good Sources of Vitamin C Include:

- ◆ Oranges
- ◆ Potatoes
- ◆ Grapefruit
- ◆ Strawberries
- ◆ Tomatoes
- ◆ Melons
- ◆ Bell peppers
- ◆ Tomato juices
- ◆ Broccoli
- ◆ Citrus juices

It is important that your family has regular meals and snacks. This may help keep lead from being absorbed. Ask your health care provider or nutrition educator for ideas on healthy food choices and serving sizes .

EAT LESS:

- ◆ Fried foods
- ◆ High fat meats such as sausage, bacon and hot dogs
- ◆ Foods cooked with fatty meats, butter and lard
- ◆ High fat snacks such as chips and cakes

EAT MORE:

- ◆ Lean meats
- ◆ Baked, broiled or steamed food
- ◆ Fresh fruits and vegetables
- ◆ Low fat snacks such as pretzels, graham crackers and frozen fruit juice pops

AVOID:

- ◆ Storing foods in imported lead-glazed pottery or leaded crystal
- ◆ Fruits or vegetables grown in lead contaminated soil
- ◆ Foods or drinks made with lead contaminated water

For more information, contact the Sullivan County Childhood Lead Poisoning Prevention Program at: 845-292-5910, Ext. 0.

Remember to always wash your hands before eating!

