



Fight Lead Poisoning with a Healthy Diet

Lead Poisoning Prevention Tips
for Families



Regularly Eat Healthy Foods

Children with empty stomachs absorb more lead than children with full stomachs. Provide your child with four to six small meals during the day. The following nutrients can help protect your child from lead poisoning:



Iron-Rich Foods

Normal levels of iron work to protect the body from the harmful effects of lead. Good sources of dietary iron include:

Lean red meats, fish, and chicken
Iron-fortified cereals
Dried fruits (raisins, prunes)

Calcium-Rich Foods

Calcium reduces lead absorption and also helps make teeth and bones strong. Good sources of dietary calcium include:

Milk
Yogurt
Cheese
Green leafy vegetables (spinach, 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, orange juice
Grapefruits, grapefruit juice
Tomatoes, tomato juice
Green peppers

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protect
your child
from the harmful effects
of lead.

