



Food Tips to help protect your child from lead poisoning, for ages 1 to 6 years

HEALTHY EATING CAN HELP PROTECT YOUR CHILD FROM LEAD POISONING

Any person can become lead poisoned, but children younger than 6 years old are at a higher risk. Lead is a poison that can harm the brain, kidneys, and other organs, especially in children. Children with even a small amount of lead in their body can have an impact on their development, making it hard for them to learn, pay attention, and behave.

Most children who have lead poisoning do not look or act obviously sick. The only way to know if your child has lead poisoning is to have your doctor give your child a blood test for lead. Children should be tested at 1 and 2 years old for lead poisoning. Also, children should be tested if they are between the ages of 1 and 6 years and have not been tested for lead before.

Healthy meals and snacks can help protect your child. It's harder for lead to get into your child's blood when your child eats:

- Regular meals and snacks
- Foods high in **calcium**
- Foods high in **iron**
- Foods high in **vitamin C**

Each day, give your child:

3-4 Foods high in calcium: milk, soy milk, cheese, yogurt, broccoli, tofu, corn tortillas, sardines, spinach, low-fat custard, and calcium enriched orange juice.

3-4 Foods high in iron: beef, chicken, turkey, tuna, eggs, dried beans, raisins, peanut butter, cereals with iron, tofu, dark green leafy vegetables, collards, kale, dried fruit, and mustard greens.

3-4 Foods high in Vitamin C: oranges, tomatoes, grapefruit, limes, bell peppers, berries, papaya, jicama, and broccoli

Remember: younger children need smaller serving sizes.

To help your child keep a healthy weight, serve fewer high fat-foods such as fried foods, chips, ice-cream, candy and snack crackers.

For more information, contact the Solano County Childhood Lead Poisoning Prevention Program at (707) 784-8070.

