



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

It's harder for lead to get into the blood when your child eats:

- **Regular meals and snacks**
- **Foods high in calcium**
- **Foods high in iron**
- **Foods low in fat**

HEALTHY EATING CAN HELP PROTECT YOUR CHILD FROM LEAD POISONING

Serve your child food at regular times during the day.

Sample Menu

Breakfast

milk, dry cereal, orange juice

Snack

whole wheat crackers, applesauce

Lunch

tuna sandwich, banana, carrot sticks, milk

Snack

graham crackers, yogurt

Dinner

turkey burger, noodles, broccoli, bread, milk

Remember: younger children need smaller servings.

Serve plenty of these foods each day:

3-4 Foods high in calcium for strong bones and teeth: milk, cheese, yogurt, broccoli, tofu, corn tortillas, sardines, dark green leafy vegetables

3-4 Foods High in Iron for strong blood: lean meats, chicken, turkey, eggs, dried beans, cereal with iron, dark green leafy vegetables, dried fruit

3-4 Foods High in Vitamin C for better absorption of foods with iron: oranges, tomatoes, limes, bell peppers, berries, papaya, jicama and broccoli

Food Tips

To help your child have a healthy weight, serve less high fat foods such as fried foods, chips, ice cream, candy, snack crackers.

Eating less fat may help protect your child from lead poisoning, too.

The information for this page was obtained from the brochure developed by the Nutrition Subcommittee of the CHILD HEALTH & DISABILITY PREVENTION (CHDP) PROGRAM.