



Fight Lead Poisoning by Eating Healthy Foods

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Eating healthy foods may help keep lead out of your child's body and help prevent lead poisoning. Lead poisoning can cause learning, hearing, and behavioral problems and can harm your child's brain, kidneys, and other organs. Some of these health effects can last a lifetime.

Fight lead poisoning by feeding your child healthy foods.

✔ Feed your child often

- Feed your child 3 healthy meals a day and at least 2 healthy snacks. Children with empty stomachs get more lead into their bodies than children with full stomachs.

✔ Feed your child iron-rich foods

- Lean red meats, fish or chicken
- Cereals high in iron
- Dried fruits such as raisins or prunes

✔ Feed your child calcium-rich foods

- Milk, yogurt, cheese
- Green leafy vegetables (spinach, kale, collard greens)

✔ Feed your child foods high in Vitamin C

- Oranges or orange juice and grapefruits or grapefruit juice
- Tomatoes, tomato juice
- Green peppers

✔ Do...

- Wash hands before fixing food and before eating food.
- Bake or broil food instead of frying.
- Eat less high fat foods such as French fries, hot dogs, and potato chips. Your body is more likely to absorb lead when you eat foods high in fat.
- Use only cold water from the tap for drinking, cooking, and for making baby formula. Hot water is more likely to contain lead. Run cold water 30 to 60 seconds before using.

✘ Do not...

- Store food in glazed pottery from other countries. The glaze may release lead into the food.



Questions about lead?

Call your doctor or health care provider, or your local health department.

This fact sheet is provided by the Agency for Toxic Substances and Disease Registry.



Get your child tested for lead poisoning today!

Most lead poisoned children do not act or look sick.

The only way to know if your child has lead poisoning is to have a blood lead test.

Children 6 years and younger are more likely to have lead poisoning.

Call your doctor or clinic today to get your child tested.