WELL FED = LESS LEAD

Children 1–6 years old are most at risk for lead poisoning. Help protect your child with healthy meals and snacks.

Each day, give your child:

3 to 4 foods high in IRON Beef, chicken, turkey, eggs, dried beans, iron-fortified cereals, tofu, collards, kale, and mustard greens

3 to 4 foods high in CALCIUM Milk, yogurt, cheese, soy milk, spinach, calcium enriched orange juice, and low-fat custard and corn tortillas

3 to 4 foods high in VITAMIN C Oranges, tomatoes, limes, bell peppers, berries, papaya, jicama, and broccoli

Choose healthy foods to keep your child safe from lead!

Instead of:	Make a healthier choice:
French fries	Carrot or celery sticks
Chicken nuggets	Baked or broiled chicken
Ice cream	Yogurt
Chips	Graham crackers
Hot dog	Turkey sandwich
Sodas	Fruit juice or milk
Candy*	Fruit

* Lead is in some candy from other countries, especially candies from Mexico made with salts, chilies, or tamarind.

Lead can hurt your child. Most children who are poisoned by lead **do not look or act sick**. The only way to know if your child has lead poisoning is to get a special test for lead. Ask your doctor if your child should be tested.

For more information, call your local Childhood Lead Poisoning Prevention Program:

CDPH

CHILDHOOD LEAD POISONING PREVENTION BRANCH

10/08

www.cdph.ca.gov/programs/clppb