



Healthy foods can help



Each day kids need:

☀ **3 to 4 servings of foods high in iron**
 Beef, pork, turkey, chicken, fish, eggs, iron-fortified cereals, dried beans and peas, peanut butter, tofu, and leafy greens like collards, chard, kale, and mustard.



☀ **3 to 4 servings of foods high in vitamin C**
 Oranges, WIC fruit juice, peppers, tomatoes, strawberries, kiwi, grapefruit, cantaloupe, broccoli, Brussels sprouts, and cauliflower.



☀ **3 to 4 servings of foods high in calcium**
 Milk, yogurt, cheese, canned fish with bones, leafy greens like collards, spinach, or turnips, ice cream and foods with added calcium like juice, soy or rice milk, or tofu.

Make sure the food texture is right for your child.

Most kids with lead poisoning do not look or act sick. A blood test for lead is the only way to know if your child has lead poisoning. Ask your doctor about testing your child's blood for lead.



Lead is a poison
Keep your child safe



For the nearest WIC office, call toll free: 1-888-WIC-WORKS (1-888-942-9675)
 WIC is an equal opportunity program.
 Developed by WIC Supplemental Nutrition Branch
 California Department of Health Services
 Arnold Schwarzenegger, Governor, State of California
 S. Kimberly Belshé, Secretary, Health and Human Services
 Sandra Shewry, Director, Department of Health Services





Lead poisoning hurts kids' brains

Lead poisoning makes it hard for kids to learn



Lead can be found in:

- ✦ Chipped or peeling paint in homes built before 1978
- ✦ Some pots and dishes made outside the USA
- ✦ Dust and dirt
- ✦ Places where
 - paint is disturbed
 - homes or buildings are remodeled
 - scrap metal is recycled
 - ceramics are made
 - solder, fishing weights, or bullets are used
- ✦ Some home remedies like white or bright colored powders
- ✦ Some imported candies, such as those in small clay pots or made from tamarind fruit

Lead can get into kids when they:

- ✦ Eat things with lead in them
- ✦ Put unwashed hands and toys in their mouths
- ✦ Breathe in house dust



How can I keep my child safe from lead poisoning?



Keep hands and face clean

- ✦ Wash hands and face before eating and after playing
- ✦ Keep fingernails clean and short

Keep your home clean

- ✦ Wet mop or wet wipe window frames, windowsills and floors
- ✦ Get rid of paint chips

Keep your child's things clean

- ✦ Lead dust can get on anything that falls on the floor
- ✦ Wash the bottle or pacifier when it falls on the floor
- ✦ Wash toys and stuffed animals

Keep playtime safe

- ✦ Don't let kids eat dirt or paint chips
- ✦ Don't let kids chew on windowsills or anything painted

If you work with lead, before you come home

- ✦ Wash or shower
- ✦ Change clothes and shoes

Keep food in glass or plastic containers

- ✦ Pottery and cans may have lead in them

Offer your child healthy foods

- ✦ Offer 3 meals and 2 to 3 snacks each day
- ✦ Give food with iron, calcium and vitamin C
- ✦ Well-fed tummies take in less lead

