

# 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!

<b>Instead of:</b>	<b>Make a healthier choice:</b>
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:**

