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:**
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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:

10/08  www.cdph.ca.gov/programs/clppb