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, eggs, turkey, dried beans, iron-fortified multi grain cereals, tofu, collards, kale, and mustard greens

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

3 to 4 foods high in VITAMIN C  Oranges, tomatoes, limes, bell peppers, berries, papaya, and broccoli
Choose healthy foods to keep your child safe from lead!

**Instead of:**  | **Make a healthier choice:**
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French fries | Celery sticks
Chicken nuggets | Baked or broiled chicken
Ice cream | Yogurt
Chips | Graham crackers
Hot dog | Turkey sandwich
Sodas | Milk or water
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, visit www.cdph.ca.gov/Programs/CLPPB or contact your local Childhood Lead Poisoning Prevention Program:

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