

Well Fed = Less Lead



Eating healthy foods can help keep your child safe from lead

Lead can hurt your child. Lead can harm a child's brain and make it hard for children to learn, pay attention and behave.

Children should eat healthy meals and snacks at least every 3-4 hours.

So what's the best way to fuel your child's growth and to help keep your family safe from lead?

Make healthy food choices to keep your child safe from lead.

Choose:

- Lean meats, cooked vegetables, salads, nuts, olives
- Baked or broiled chicken or turkey (free of nitrites)
- Tortillas baked or heated on a comal or grill
- Veggie sticks with salsa, avocado or hummus
- Sliced lean meats (free of nitrites), beans or edamame
- Water or low-fat milk
- Plain yogurt with fruit or mixed fruit salad
- Toasted coconut, nuts or fresh fruit

Instead of:

- Fast food meals
- Chicken nuggets
- Fried tortillas
- Chips or other fried snacks
- Hot dogs or high fat lunchmeat
- Soda
- Ice cream or pudding
- Candy* or other sweets



Be a healthy role model for your child and consider these healthy foods:



- **Protein.** Choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.
- **Vegetables.** Serve fresh, frozen or canned vegetables. Provide a variety of colors, like dark green, red, orange, yellow and purple vegetables. If serving canned or frozen vegetables, look for options lower in sodium.
- **Fruits.** Offer fresh, frozen or canned fruits. If your child drinks juice, choose 100% juice without added sugars and limit number of servings. Look for canned fruit that says it's light or packed in its own juice, meaning it's low in added sugar.
- **Grains.** Choose whole grains, such as whole-wheat bread, oatmeal, popcorn, quinoa, or brown or wild rice.
- **Dairy.** Encourage your child to eat and drink low-fat dairy products, such as milk, yogurt, cheese, soymilk or nut milks without added sugars.

Limit foods with:

- **Added sugar**, like candy, granola bars, soda, sugary breakfast cereal and sweet treats.*
- **Added fats**, like fried foods, fast foods, chips, pork rinds and other processed foods.

*Some candies from outside the USA may contain lead.
For photos of candies found to contain lead, visit
www.cdph.ca.gov

Avoid Lead Sources.

Lead Can Be Found In:

- Old, chipped or peeling paint
- House dust
- Bare dirt around the home
- Home remedies, like azarcon, greta, pay-loo-ah, or some Ayurvedic or traditional Chinese remedies
- Imported foods like chapulines
- Imported candies*
- Spices, such as turmeric or chili
- Dishes or pots used for cooking, eating, or drinking, especially those that are old, worn, chipped, cracked, made of crystal or from outside the USA
- Water that is stored in ceramic water crocks
- Jewelry or toys
- Lead bullets, fishing sinkers or solder

For more information, go to:
www.cdph.ca.gov/programs/clppb

