

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 them to learn, pay attention, and behave.

Children should eat healthy meals and snacks at least every 3-4 hours. Full bellies absorb less lead.

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

Foods with calcium, iron, and vitamin C can help protect children from lead poisoning. Good nutrition helps keep lead from being absorbed into a child's body.

Here are some ideas for healthy meals and snacks:

- Baked or broiled chicken or beans, cooked vegetables, brown rice
- Tortillas baked or heated on a comal or grill with salsa or avocado
- Veggie sticks with hummus and cheese slices
- Nut butter on whole wheat toast with apple slices
- Plain yogurt or oatmeal with fruit, toasted coconut, nuts
- Scrambled eggs with bell pepper, salsa, cheese, whole wheat toast, and orange slices
- Water or low-fat milk



If you need help buying food, assistance may be available. Visit CalFresh (cdss.ca.gov/calfresh) or the Women, Infants, and Children (WIC) Program (fns.usda.gov/wic) to learn more.

Choose Healthy Foods that Protect Against Lead

Protein: Choose lean meat and poultry, seafood, 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 low sodium options.

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 or calcium-fortified dairy alternatives, such as milk, yogurt, cheese, soymilk or nut milks without added sugars.



Learn About Sources of Lead

- **Paint** that is old, chipped, or peeling
- House **dust**
- Bare **dirt** around the home
- Home **remedies**, like azarcon, greta, or pay-loo-ah
- **Imported foods** like chapulines
- **Imported candies** (some may contain lead)
- **Spices**, such as turmeric or chili
- Water that is stored in **ceramic** water crocks
- **Dishes** or water crocks that are old, worn, chipped, made of crystal, or from outside the USA
- **Jewelry** or **toys**
- Lead **bullets**, **fishing sinkers**, or **solder**



To protect your child from lead, wash their hands and toys often, reduce dust in your home by mopping and cleaning with a damp cloth, use products that you know do not contain lead.

How Do I Know if My Child has Lead Poisoning?

Most children with lead poisoning do not look or act sick.

The only way to know if your child has lead poisoning is to get a blood test for lead.

Ask your child's doctor about testing for lead, or reach out to your local Childhood Lead Poisoning Prevention Program for more information.



For more information, visit www.cdph.ca.gov/programs/clppb or contact:



CLPPB1/2024

Noj Khoom Zoo = Muaj Txhuas Tsawg



Noj cov khoomnoj uas yuav zoo rau lub cev coj los tiv thaiv kom koj tus me nyuam muaj kev nyab xeeb hais txog txhuas

Txhuas yeej ua tau kom koj tus me nyuam muaj mob.
Txhuas yeej ua tau kom koj tus me nyuam lub paj hlwb
muaj mob thiab ua rau lawv kawm tsis tau ub tau no, tsis
mloog neeg hais lus, thiab coj tsis tau cwj pwm zoo.

Cov me nyuam yaus yuav tsum tau noj cov zaub mov
thiab cov khoom txom ncauj uas yuav zoo rau lub cev
kom tsawg kawg los yeej yog li txhua txhua 3-4 teev.
Thaum tsau plab, lub plab yeej muaj txhuas tsawg.

Yog li ntawd, txoj kev twg yog txoj uas yuav ua rau koj tus
me nyuam loj hlob thiab yuav pab tiv thaiv tau kom koj
tsev neeg muaj kev nyab xeeb hais txog txhuas?

Xaiv Cov Khoom Noj Uas Yuav Zoo Rau Lub Cev Coj Los Tiv Thaiv Kom Koj Tus Me Nyuam Muaj Kev Nyab Xeeb Hais Txog Txhuas

Cov khoomnoj uas muaj calcium, iron, thiab vitamin C yeej
pab tiv thaiv tau koj cov me nyuam ntawm kev raug txhuas
lom. Cov khoomnoj uas yuav zoo rau lub cev yeej pab ua kom
txhuas tsis txhob nkag tau mus rau hauv koj tus me nyuam
lub cev.

Ntawm no yog ib cov tswv yim rau kev noj cov zaub mob thiab
khoom txom ncauj uas yuav zoo rau lub cev:

- Nqaij qaib ci los sis taum, cov zaub uas
twb muab ua siav lawm, mov daj
- Tortillas ci los sis muab ua kom sov los
sis ci nrog salsa los sis txiv avocado
- Kav zaub ntsu hummus thiab tshij
- Qhaub cij ci pleev butter nrog txiv
ev paum
- Yogurt los sis oatmeal nrog txiv hmab
txov ntoo, txiv kuj yem, noob txiv
- Qe kib nrog kua txob, salsa, tshij, qhaub
cij ci, thiab txiv kab ntxwv
- Dej los sis mis nyuj tsis
muaj roj ntau



Yog koj tsis muaj nyiaj yuav khoom
noj, tej zaum peb yeej muaj kev
pab. Mus saib hauv CalFresh ([cdss.
ca.gov/calfresh](https://www.cdss.ca.gov/calfresh)) los sis Women, Infants,
and Children (WIC) Program (fns.usda.gov/wic) lub vas
sab yog xav paub ntau tshaj qhov no.

Xaiv Cov Khoom Noj Uas Yuav Tiv Thaiv Tib Neeg Ntawm Txhuas

Cov Khoom Hu Ua Protein: Xaiv cov nqaij ntshiv thiab nqaij qaib,
nqaij nruab deg, qe, taum, noob taum, cov khoom siv taum pov
ua, thiab cov noob txiv ub txiv no uas tsis qab ntsev.

Zaub: Noj cov zaub uas nyuam qhuav de los, cov zaub muab tso
rau hauv tub txias kom khov tag lawm, los sis cov zaub ntim hauv
kas poom. Siv cov zaub uas muaj ntau ntau xim, zoo li cov zaub
uas yog xim ntsuab, xim liab, xim txiv kab ntxwv, xim daj thiab
xim xiav. Yog yuav noj cov zaub ntim kas poom los sis cov zaub
uas muab tso rau hauv tub txias kom khov tag lawm, xaiv cov uas
tsis muaj sodium ntau.

Txiv Hmab Txiv Nto: Npaj cov txiv hmab txiv ntoo uas tsis yog
cov qhuav, yog cov uas muab tso rau hauv tub txias kom khov tag
lawm, los sis yog cov ntim hauv kas poom. Yog koj tus me nyuam
haus kua txiv hmab txiv ntoo, xaiv cov kua txiv uas yog 100% kua
txiv, yeej tsis muaj piam thaj xyaw, thiab tsis txhob pub nws haus
ntau. Xaiv cov txiv hmab txiv ntoo ntim kas poom uas muaj lo lus
hais tias light (tsis muaj piam thaj ntau) los sis packed in its own
juice (ntim nrog lub txiv cov kua xwb), uas yog txhais hais tias
tsis muab piam thaj tso ntxiv ntau rau.

Noob Ub Noob No: Xaiv cov khoomnoj uas siv tag nrho lub noob
coj los ua, zoo li cov qhaub cij whole-wheat, oatmeal, paj pob
kws, quinoa, los sis txhuv daj los sis txhuv qus.

Cov Khoom Siv Mis Nyuj Ua: Hais kom koj tus me nyuamnoj
thiab haus cov khoom siv mis nyuj ua uas tsis muaj roj ntau los
sis lwm cov khoom uas muaj calcium, zoo li mis nyuj, yogurt,
tshij, kua taum los sis kua noob txiv uas tsis muab piam thaj tso
ntxiv rau.



Mus Kawm Kom Paub Cov Chaws los sis Khoom Uas Muaj Txhuas

- Cov xim uas qub, tawg, los sis tev
- Cov hmoov **av nyob hauv tsev**
- Cov **av** nyob ib ncig ntawm lub tsev
- Cov tshuaj **npaj hauv tsev**, zoo li azarcon,
greta, los sis pay-loo-ah
- Cov khoomnoj uas ua txawv teb chaws
tuaj zoo li cov kooj kib
- Cov khoom qab zib uas ua txawv
teb chaws tuaj (tej cov yeem
muaj txhuas)
- Txuj lom, zoo li qhiav daj los
sis kua txob
- Cov dej nyob hauv **cov taub dej**
uas siv av puab
- Tais diav los sis cov taub dej uas qub
lawm, yaig yaig lawm, nti nti xim lawm,
siv iav ua, los sis ua txawv teb chaws tuaj
- Cov khoom coj kom zoo nkauj zoo nraug
(jewelry) los sis khoom ua si
- Cov mos txwv txhuas, cov nqe
txhuas dai hlua nuv ntses, los
sis tus pas cam txhuas (solder)



Nquag ntxuav koj tus me nyuam ob txhais tes
thiab cov khoom ua si, siv tus pas txhuam tsev
thiab ib daim ntaub ntub dej coj los txhuam
cov hmoov av hauv koj lub tsev, siv cov khoom
uas koj yeej paub hais tias tsis muaj txhuas coj
los tiv thaiv koj tus me nyuam ntawm txhuas.

Kuv Yuav Ua Li Cas Es Kuv Thiaj Li Paub Hais Tias Saib Puas Muaj Txhuas Nyob Hauv Kuv Tus Me Nyuam Lub Cev?

Cov me nyuam yaus uas muaj txhuas nyob hauv lawv lub cev
feem ntau yeej tsis muaj dab tsi qhia hais tias lawv muaj mob
los sis yeej tsis coj cwj pwm zoo li ib tus neeg muaj mob li.

Tib txoj kev uas yuav qhia tau hais tias saib puas muaj txhuas
nyob hauv tus me nyuam lub cev yog mus kuaj ntshav.

Nug koj tus me nyuam tus kws kho mob hais txog kev mus
kuaj ntshav saib puas muaj txhuas, los sis mus nug lub chaw
Childhood Lead Poisoning Prevention Program yog xav paub
ntau tshaj qhov no.



Yog xav paub ntau tshaj qhov no, mus xyuas ntawm
www.cdph.ca.gov/programs/clppb los sis nug mus rau:

