

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:



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吃饱 = 少铅



吃健康的食物可以帮助您的孩子远离铅的危害。

铅可能会伤害您的孩子。铅会损害孩子的大脑，使他们难以学习、注意力和行为困难。

孩子应至少每 3-4 小时吃一次健康的正餐和零食。吃饱后，吸收的铅较少。

那么，促进孩子成长并帮助家人远离铅的最佳方法是什么？

选择健康的食物，让您的孩子远离铅

含有钙、铁和维生素 C 的食物可以帮助保护儿童免受铅中毒。良好的营养有助于防止铅被儿童身体吸收。

以下是一些健康膳食和零食的建议：

- 烤鸡肉或烤豆类、煮熟的蔬菜、糙米
- 用平底锅或烤架烘烤或加热的玉米饼，配上莎莎酱或鳄梨
- 蔬菜条配鹰嘴豆泥和奶酪片
- 全麦吐司上涂坚果酱，配苹果片
- 原味酸奶或燕麦片，配水果、烤椰子、坚果
- 炒鸡蛋，配甜椒、莎莎酱、奶酪、全麦吐司和橙片
- 水或低脂牛奶

如果您需要购买食物的帮助，我们可能会提供帮助。造访 CalFresh (cdss.ca.gov/calfresh) 或妇女、婴儿、以及儿童 (WIC) 计划 (fns.usda.gov/wic) 了解更多信息。



选择健康食品防止铅

蛋白质：选择瘦肉和家禽、海鲜、蛋类、豆类、豌豆、大豆制品以及不加盐的坚果和种子。

蔬菜：提供新鲜、冷冻或罐装的蔬菜。提供各种颜色的蔬菜，如深绿色、红色、橙色、黄色和紫色。如果提供罐装或冷冻蔬菜，请寻找低钠的选择。

水果：提供新鲜、冷冻或罐装的水果。如果您的孩子喝果汁，请选择不添加糖的 100% 果汁，并限制份量。寻找标明清淡或用自带果汁包装的罐装水果，这意味着其添加的糖分较少。

谷物：选择全谷物，例如全麦面包、燕麦片、爆米花、藜麦、糙米或野生米。

奶制品：鼓励您的孩子吃和喝低脂乳制品或强化钙的乳制品替代品，例如不添加糖的牛奶、酸奶、奶酪、豆奶或坚果奶。



了解铅的来源

- 旧的、有缺口的或剥落的油漆
- 房子灰尘
- 家里裸露的泥土
- 家里补救措施，如 azarcon、greta 或 pay-loo-ah
- 进口食品，如蝗虫
- 进口糖果（有些可能含铅）
- 香料，如姜黄或辣椒
- 储存水的陶瓷水缸
- 旧的、磨损的、有缺口的、水晶制成的或来自美国境外的盘子或水罐
- 珠宝或玩具
- 铅弹、钓鱼坠或焊料



为了保护您的孩子免受铅的伤害，请经常洗他们的手和玩具，用湿布拖地和清洁以减少家中的灰尘，使用您知道不含铅的产品。

我如何知道我的孩子是否铅中毒？

大多数铅中毒的儿童看起来或行为并不像生病。

知道您的孩子是否铅中毒的唯一方法是进行血液铅检测。

向您孩子的医生咨询有关铅检测的信息，或联系您当地的儿童铅中毒预防计划以获取更多信息。



如需了解更多信息，请访问 www.cdph.ca.gov/programs/clppb 或联系：

