

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:



吃飽 = 鉛少



吃健康食品可以幫助您的孩子遠離鉛。

鉛會傷害您的孩子。鉛會損害孩子的大腦，使他們難以學習、集中注意力和行為。

孩子應該至少每 3-4 小時吃一次健康的餐點和點心。飽腹的人吸收的鉛較少。

那麼促進孩子成長並幫助您的家人遠離鉛的最佳方法是什麼？

選擇健康的食物，讓您的孩子遠離鉛

含有鈣、鐵和維生素 C 的食物有助於保護兒童免受鉛中毒。良好的營養有助於防止鉛被吸收到兒童體內。

以下是一些健康餐點和零食的想法：

- 烤或烤雞肉或豆類、煮熟的蔬菜、糙米
- 在烤架上烘烤或加熱的玉米餅，配上莎莎醬或酪梨
- 蔬菜棒配鷹嘴豆泥和起司片
- 全麥吐司配堅果醬和蘋果片
- 原味優格或燕麥片加水果、烤椰子、堅果
- 炒蛋佐甜椒、莎莎醬、起司、全麥吐司和柳橙片
- 水或低脂牛奶

如果您需要購買食物的幫助，可能會獲得幫助。造訪 CalFresh (cdss.ca.gov/calfresh) 或婦女、嬰兒、和兒童 (WIC) 計劃 (fns.usda.gov/wic) 以了解更多資訊。



選擇健康食品防止鉛

蛋白質：選擇瘦肉和家禽、海鮮、雞蛋、豆類、豌豆、豆製品以及無鹽堅果和種子。

蔬菜：供應新鮮、冷凍或罐裝蔬菜。提供多種顏色，如深綠色、紅色、橙色、黃色和紫色蔬菜。如果供應罐裝或冷凍蔬菜，請尋找低鈉的選擇。

水果：提供新鮮、冷凍或罐裝水果。如果您的孩子喝果汁，請選擇 100% 不添加糖的果汁，並限制份數。尋找標稱清淡或含有果汁的罐裝水果，這意味著添加糖含量低。

穀物：選擇全穀物，如全麥麵包、燕麥片、爆米花、藜麥、糙米或野生米。

乳製品：鼓勵您的孩子食用和飲用低脂乳製品或鈣強化乳製品替代品，例如不添加糖的牛奶、優格、起司、豆奶或堅果奶。



了解鉛的來源

- 畫陳舊、破損或剝落
- 房子灰塵
- 家周圍裸露的泥土
- 家裡補救措施，如 azarcon、greta 或 pay-loo-ah
- 進口食品，如大蚱蜢
- 進口糖果（部分可能含鉛）
- 香料，例如薑黃或辣椒
- 儲存在的水陶瓷水缸
- 舊的、磨損的、有缺口的、水晶製成的或來自美國境外的餐具或水缸
- 珠寶或玩具
- 鉛彈、釣魚墜或焊料



為了保護您的孩子免受鉛侵害，請經常洗手和清洗玩具，用濕布拖地和清潔來減少家中的灰塵，使用您知道不含鉛的產品。

我如何知道我的孩子是否鉛中毒？

大多數鉛中毒兒童看起來或表現得併不生病。

了解您的孩子是否鉛中毒的唯一方法是進行血液鉛檢測。

請向您孩子的醫生詢問有關鉛檢測的資訊，或聯繫您當地的兒童鉛中毒預防計劃以獲取更多資訊。



欲了解更多資訊，請訪問 www.cdph.ca.gov/programs/clppb 或聯絡：

