Well Fed = Less Lead

When children eat healthy foods, their bodies absorb less lead. Offer healthy meals and snacks that are right for your child's needs when possible.

Ideas for healthy meals and snacks:

- Veggie sticks with hummus and cheese
- Chicken or beans with cooked vegetables
- Yogurt or oatmeal with fruit
- Nut butter on wheat toast
- Turkey sandwich with fruit
- Tortillas with salsa or avocado

Choose a variety of foods daily:

Foods high in Iron
Meat, eggs, beans, iron-fortified cereals, tofu, leafy greens

Foods high in Calcium
Milk, yogurt, cheese, soy milk, spinach, corn tortillas

Foods high in Vitamin C
Oranges, tomatoes, kiwi, bell peppers, berries, broccoli

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 blood test for lead. Ask your child's doctor for a blood lead test.

For more information, visit:
go.cdph.ca.gov/LeadFreeKids

March 2025 • © 2025, California Department of Public Health

CDPH
California Department of Public Health

Well Fed = Less Lead (Pub Noj Tej Zaub Mov Zoo = Tau Txais Kuab Txhuas Tsawg)

Thaum cov me nyuam yaus noj tej zaub mov zoo, ces lawv lub cev yuav nqus cov kuab txhuas tsawg dua. Muab cov pluas noj thiab cov khoom noj txom ncauj uas zoo rau lub cev uas haum rau yam uas koj tus me nyuam xav tau yog thaum tuaj yeem ua tau.

Cov tswv yim rau cov pluas noj thiab cov khoom noj txom ncauj uas zoo rau lub cev:

- Cov veggie sticks ntxuag cov hummus thiab cheese
- Nqaij qaib los sis taum nrog cov zaub ua siav
- Cov yogurt los sis cov oatmeal nrog txiv hmab txiv ntoo
- Txiv qab rog nrog cov qhaub cij txhuv nplej
- Sandwich nqaij qaib txwv nrog txiv hmab txiv ntoo
- Cov tortillas nrog salsa los sis avocado

Xaiv ntau yam zaub mov noj txhua hnub:

Cov zaub mov noj uas muaj cov kuab hlau ntau

Nqaij, qe, taum, cov cereals uas muaj cov kuab hlau ntxiv, taum paj, cov zaub nplooj ntsuab

Cov zaub mov noj uas muaj Calcium ntau

Mis nyuj, yogurt, cheese, mis taum pauv, zaub spinach, cov tortillas hmoov pob kws

Cov zaub mov noj uas muaj Vitamin C ntau

Txiv kab ntxwv, txiv lws suav, txiv kiwi, kua txob phawv, txiv berries, zaub broccoli

Cov kuab txhuas tuaj yeem ua rau koj tus me nyuam raug kev phom sij tau. Cov me nyuam yaus feem ntau uas raug kuab lom los ntawm cov kuab txhuas yeej tsis saib zoo li los sis coj zoo li muaj mob. Tib txoj hau kev kom paub seb koj tus me nyuam puas raug kuab lom txhuas ces yog kev mus kuaj ntshav seb puas muaj kuab txhuas nkaus xwb. Hais kom koj tus me nyuam tus kws kho mob kuaj saib seb puas muaj cov kuab txhuas xyaw hauv ntshav.

Hais txog rau cov ntaub ntawv qhia paub ntau ntxiv, mus saib:
go.cdph.ca.gov/LeadFreeKids

Lub Peb Hlis Ntuj Xyoo 2025 • © 2025, California Department of Public Health
(Hmong)

CDPH
California Department of Public Health