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

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营养充足 = 减少铅吸收

孩子吃健康食物时，身体吸收的铅会较少。尽可能提供适合孩子需求的健康膳食和零食。

健康膳食和零食的建议：

- 蔬菜条配鹰嘴豆泥和奶酪
- 鸡肉或豆类配煮熟的蔬菜
- 水果酸奶或水果燕麦片
- 全麦吐司涂坚果酱
- 火鸡三明治配水果
- 玉米饼配莎莎酱或牛油果

每天选择多样化的食物：

富含铁的食物
肉类、鸡蛋、豆类、铁强化谷物、豆腐、绿叶蔬菜

富含钙的食物
牛奶、酸奶、奶酪、豆浆、菠菜、玉米饼

富含维生素C的食物
橙子、西红柿、猕猴桃、甜椒、浆果、西兰花

铅会伤害您的孩子。大多数铅中毒的儿童看起来或表现得并不像生病。确定您的孩子是否铅中毒的唯一方法是进行血铅检测。请咨询孩子的医生进行血铅检测。

欲了解更多信息，请访问：
go.cdph.ca.gov/LeadFreeKids

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