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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營養充足 = 減少鉛吸收

孩子吃健康食物時，身體吸收的鉛會較少。盡可能提供適合孩子需求的健康膳食和零食。

健康膳食和零食的建議：

- 蔬菜條配鷹嘴豆泥和乳酪
- 雞肉或豆類配煮熟的蔬菜
- 水果優格或水果燕麥片
- 全麥吐司塗堅果醬
- 火雞三明治配水果
- 玉米餅配莎莎醬或牛油果

每天選擇多樣化的食物：

富含鐵的食物
肉類、雞蛋、豆類、鐵強化穀物、豆腐、綠葉蔬菜

富含鈣的食物
牛奶、優格、起司、豆漿、菠菜、玉米餅

富含維生素C的食物
柳丁、番茄、奇異果、甜椒、漿果、青花菜

鉛會傷害您的孩子。大多數鉛中毒的兒童看起來或表現得並不像生病。確認您的孩子是否鉛中毒的唯一方法是進行血鉛檢測。請諮詢孩子的醫生進行血鉛檢測。

欲瞭解更多資訊，請訪問：
go.cdph.ca.gov/LeadFreeKids

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