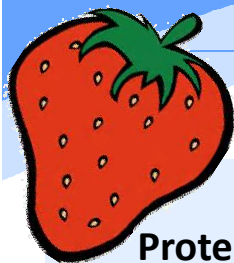


LEAD POISONING

New Hampshire
HEALTHY HOMES
& Lead Poisoning Prevention Program

LEAD AND NUTRITION

Feed Your Child Foods That Get Ahead of Lead



Protecting Your Child

Good nutrition and hygiene can help reduce the amount of lead a child absorbs in their body.

Prevent lead from mixing with food

- Wash hands after play and before meals, snacks & naps
- Don't eat food off the floor
- Eat meals & snacks at the table
- Avoid using dishes that contain lead (ex. glazed pottery)
- Use cold water for cooking, drinking & making formula

Give your children healthy snacks

- Fresh fruits & veggies
- Whole grain crackers
- Cheese slices
- Yogurt

Feed your children 4-6 small meals daily

- Children absorb less lead on a full stomach

Bake or broil foods, don't fry

- Avoid high fat foods which make the body absorb more lead

Wash toys and play spaces often

- Clean child's toys, bottles & pacifiers often
- Keep child's play areas free of dust and dirt

CALCIUM

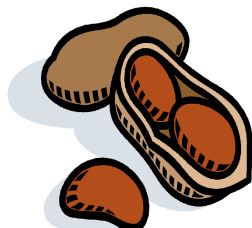
Protects against storing lead in the bones



- Milk & yogurt
- Cheese & tofu
- Juice with added calcium
- Leafy green veggies (kale, broccoli & spinach)
- Food made with milk (hot cereal & pudding)
- Ice cream
- Cottage cheese

IRON

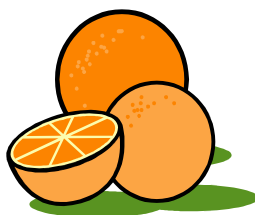
Iron deficiency associated with lead poisoned children



- Lean meats
- Iron fortified cereals (Cheerios & Kix)
- Fish* (tuna, clams, oysters & sardines)
- Dried fruits (raisins & apricots)
- Bread & pasta
- Peanut butter & nuts
- Beans
- Molasses
- Leafy green veggies
- Eggs

VITAMIN C

Helps the body take in Iron



- Oranges & grapefruit
- Melons & berries
- Tomatoes
- Cauliflower & broccoli
- Green peppers & sweet potatoes
- Juices (orange, grapefruit & tomato)

*Mercury in fish can damage a growing brain. Children under 7 can safely eat 1/2 can of tuna or 1 can of light tuna per week

NH Department of Health & Human Services, Division of Public Health Services

1-800-897-LEAD