

## What Is Lead Poisoning?

**Lead** is a metal found in the earth, and it is a poison to the body. Small amounts of lead can cause problems with a child's ability to learn and affect their behavior and growth. Lead can harm your child's brain, kidneys, and other organs.

Lead poisoning is caused by swallowing or breathing in lead or dust that contains lead. Lead paint is the major source of lead poisoning and is often found in homes built before 1978. Other sources include soil, water, air, food, traditional remedies, imported cosmetics and some jobs or hobbies.

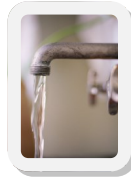


Often children with lead poisoning are without any obvious symptoms and usually do not look or act sick. The only way to know if your child has lead poisoning is by getting him or her tested. A small blood sample is all it takes. Testing should always be done at ag-

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## Keeping Lead Out of Food

- ◆ Wash hands before touching food. Teach children to wash their hands before eating.

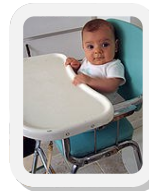


- ◆ Run cold water for 1-2 minutes or until you feel a temperature change before you use it.

- ◆ Use cold water for all food preparation. Make baby formula **ONLY** with cold water.

- ◆ Prepare and store foods properly. Wash fruits & vegetables before cooking or serving them raw.

- ◆ Keep sippy cups & bottles off the floor (wash them before giving them to a child if they do fall).



- ◆ Have your child sit in a highchair or at the table during meals and snacks.

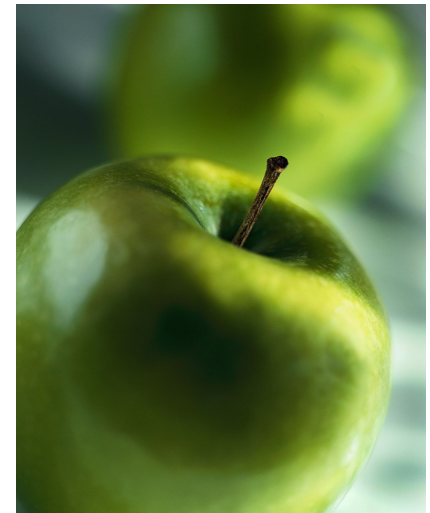
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rev:12/18

# FIGHTING LEAD POISONING WITH A HEALTHY DIET



**Erie County Department of Health**

**716-961-6800**

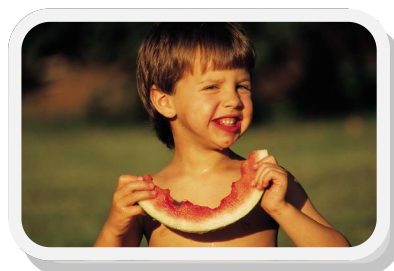
**[www.erie.gov/health](http://www.erie.gov/health)**

# Good Nutrition Is Key

**A good diet helps to protect a child's body from lead.** When a child has a poor diet, his body tends to absorb more lead and often uses it in place of necessary nutrients like **Iron, Calcium, and Vitamin C.** His body is also less able to fight lead poisoning with a poor diet. Providing the nutrients listed below helps to protect your child from lead poisoning by keeping the lead from getting into bones and blood.

Food group	Servings per day	Portion Size Age 1-3	Portion Size Age 4-6
<b>FRUITS</b> Oranges and juice, grapefruit, and juice, cantaloupe, strawberries, canned fruit	2-3	1/4 cup cooked, frozen, canned  1/2 piece fresh  1/4 100% juice	1/4 cup cooked, frozen, canned
<b>VEGETABLES</b> Carrots, yams, broccoli, spinach, leafy greens, green beans, tomatoes	2-3	1/4 cooked	1/4 cup cooked  1/2 cup salad
<b>GRAINS</b> Bread, rolls, muffins, cereal, grits, pasta, rice, tortillas (use whole grains often)	6-11	1/2 slice bread  1/4 cup cooked cereal, rice, pasta  1/3 cup dry cereal  2-3 crackers	1/2 slice bread  1/3 cup cooked cereal, rice, pasta  1/2 cup dry cereal  3-4 crackers
<b>MEAT &amp; OTHER PROTEINS</b> Meat, dry beans and peas, eggs, peanut butter, nuts, fish	2	1 oz. meat, fish, chicken, tofu  1/4 cup cooked beans  1/2 egg	1 oz. meat, fish, chicken, tofu  1/3 cup cooked beans  1 egg
<b>DAIRY</b> Milk, yogurt, ice cream, pudding, cheese	2-3	1/2 cup milk  1/2 oz. cheese  1/3 cup yogurt	1/2 cup milk  1 oz. cheese  1/2 cup yogurt

Source: American Academy of Pediatrics; healthychildren.org



**DID YOU KNOW...**children with empty stomachs absorb more lead than children with full stomachs. Provide your child with four to six small meals during the day.

## Some more tips...

- Many foods can be purchased with food vouchers from the WIC program. Contact Catholic Charities WIC office at 716-218-1484.
- PROVIDE HEALTHY SNACKS like low-salt pretzels, fruit or vegetables with yogurt, low-fat cheese cubes, raisins, peanut butter on crackers, hard boiled eggs, or dry cereal.
- CUT DOWN ON SUGARY SNACKS like chips, candy, desserts, soda pop, fried foods, bacon and sausage.
- Give low-fat milk and foods if your child is over the age of 2.
- And... don't forget to exercise!



Choose Foods High In Iron, Calcium and Vitamin C



## Iron-Rich Foods

- ♦ lean red meats, fish, and chicken
- ♦ eggs, beans, tofu, and soy
- ♦ iron-fortified cereals, oatmeal and whole grain foods
- ♦ dried fruits (raisins, apricots, prunes), peanut butter, nuts
- ♦ broccoli, peas

## Calcium Rich Foods

- ♦ milk, yogurt, and cheeses
- ♦ green leafy vegetables: mustard greens, kale, turnip greens, collards, spinach

## Vitamin C Rich Foods

- ♦ Fruits - especially citrus and strawberries
- ♦ potatoes, tomatoes, and bell peppers