

**Protect your Child from
Lead in
Venison**



Lead in Venison

Venison (deer meat) can be a healthy source of food for you and your family. But new facts show that lead bullets can leave **small pieces of lead** in the venison. These small lead pieces cannot be seen in the meat or felt in your mouth while chewing. When you swallow this lead, it absorbs into your body.



Ground venison usually has **more** lead fragments.

Steaks and chops usually have **fewer** lead fragments.



Even the best attempts to remove the lead fragments before processing can still leave lead in the meat. Most lead fragments are **too small to be seen or felt** while chewing.

It's best not to eat the organs from any wild game because **lead and other chemicals collect in the organs**.

What are the dangers of lead?

Lead affects the **nervous system**, and can cause problems with **brain function**.

In children, lead can cause **developmental problems** like lowered IQ and learning disabilities.

Lead is unhealthy for adults too, but women beyond childbearing age and adult men are at less risk of health problems from small amounts of lead.

Who is at greatest risk from lead in wild game?



Lead, even in the smallest amounts, is a serious health risk for:

- **Children ages 6 and under**
- **Pregnant women and unborn babies**

- Women of childbearing age and children ages 6 years old and under should avoid eating venison that has been shot with lead bullets.
- Ask if venison (deer meat), is used in the meals served to you. You can request that store-bought meat be served to you and your children. Store-bought meat does not contain lead.

What about children over 6 and adults?

- Older children and adults also can have health problems caused by lead, but it takes much more lead to cause problems in these people. Eating a few meals of lead-shot ground venison will not harm older children and adults. However, if they eat lead-shot ground venison every week, that may be harmful.
- Older children and adults should use caution when eating ground venison that was shot with lead bullets.



More About Venison

You may find lead in other places. Homes built before 1978 likely contain lead-based paint. Lead dust falls to the floor and gets on children's hands and toys. It can enter their bodies when they put their hands or toys into their mouths.

Lead plumbing, solder or fixtures can put lead into drinking water.

A child with lead poisoning may seem healthy or have any of these signs:

- **Upset stomach**
- **Tiredness**
- **Loss of appetite**
- **Hearing Problems**
- **Weight loss**
- **Hyperactivity**
- **Irritability**
- **Difficulty sleeping**

If you are concerned about lead poisoning in you or your child, talk to your physician about getting a blood lead test.

For more information about lead:
Call 1-800-MI-TOXIC (1-800-648-6942)
or visit www.michigan.gov/leadsafe



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