

Help Fight Lead Poisoning with a Healthy Diet

Regularly Eat Healthy Foods

Children with empty stomachs absorb more lead than children with full stomachs.

Provide your child with four to six small meals during the day. The following nutrients can help protect your child from lead poisoning:

Iron-Rich Foods

Normal levels of iron work to protect the body from the harmful effects of lead. Good sources of dietary iron include:

Lean red meats, fish, and chicken
Iron-fortified cereals
Dried fruits (raisins, prunes)

Calcium-Rich Foods

Calcium reduces lead absorption and also helps make teeth and bones strong. Good sources of dietary calcium include:

Milk
Yogurt
Cheese
Green leafy vegetables (spinach, kale, collard greens)

Vitamin C-Rich Foods

Vitamin C and iron-rich foods work together to reduce lead absorption. Good sources of vitamin C include:

Oranges, orange juice
Grapefruits, grapefruit juice
Tomatoes, tomato juice
Green peppers



Simple Steps You Can Take

to Protect Your Family from Lead Hazards

If you think your home has high levels of lead:

- Make sure your children eat healthy, low-fat foods high in iron, calcium, and vitamin C.
- Get your children tested for lead, even if they seem healthy.
- Get your home tested for lead if it was built before 1978. Call 1-800-424-LEAD for more information.
- Always wash your hands before eating.
- Wash children's hands, bottles, pacifiers, and toys.
- Do not use imported pottery to store or serve food.
- Let tap water run for one minute before using.
- Use only cold water for making your baby's formula, drinking, and cooking.
- Regularly clean floors, windowsills, and other surfaces using wet methods that control dust.
- Wipe or remove shoes before entering your house.
- If you rent, it is your landlord's job to keep paint in good shape. Report peeling or chipping paint to your landlord and call your health department if the paint is not repaired safely.
- Take precautions to avoid exposure to lead dust when remodeling or renovating.
- Don't try to remove paint yourself!



For more information on childhood lead poisoning prevention:

Call

- Your child's pediatrician
- Genesee County Health Department Lead Program (810) 257-3833
- WIC (810) 237-4537
- Michigan Childhood Lead Poisoning Prevention (888) 322-4453
- Michigan Department of Health & Human Services (517) 373-3740

Visit

- Michigan Department of Health & Human Services <http://www.michigan.gov/mdhhs>
- Michigan Childhood Lead Poisoning Prevention www.michigan.gov/lead
- Genesee County Health Department Lead Program http://www.gchd.us/new_other_services/childhood_lead_poisoning_prevention_program.php