



LEAD CAN HURT YOUR FAMILY.

Good nutrition is one way to protect your family. Lead is a metal that our bodies don't need. Lead exposure can cause problems, especially for children. Children exposed to too much lead may not look or act sick, but may have problems with growth and learning.

A blood lead test can tell you if you or your child have recent or ongoing exposures to lead. All Michigan children must be tested at 12 months and 24 months of age, or by 72 months of age (age 6) if there is no record of a previous test, and at other ages depending on lead exposure risks.

Talk with your doctor about you and your family's risk of lead exposure.



FOR MORE INFORMATION
ON NUTRITION AND LEAD,
CONTACT:

Michigan Department of
Health and Human Services at
517-335-8885 or
visit Michigan.gov/MiLeadSafe.



Childhood Lead
Poisoning Prevention



SERVE UP

A

HEALTHIER FUTURE





PROTECT YOUR FAMILY FROM LEAD WITH HEALTHY FOODS.

Good nutrition is one way to protect your family from lead. From the start, breast milk provides the best nutrition and many health benefits for babies.

For children and adults, three key nutrients can play a role in protecting the body from the harmful effects of lead: calcium, iron and vitamin C. These nutrients help the body absorb less lead and are part of a healthy diet. Choose a variety of foods daily.

It is important that your family has regular meals and snacks. This may help keep lead from being absorbed. Ask your health care provider or nutrition educator for ideas on healthy food choices and serving sizes.

SOURCES OF CALCIUM INCLUDE:

- Milk.
- Yogurt.
- Cheese.
- Cottage Cheese.
- Pudding.
- Calcium fortified orange juice.
- Dark, leafy green vegetables.

SOURCES OF IRON INCLUDE:

- Iron fortified cereals.
- Legumes (peas, beans, lentils).
- Dried fruits.
- Lean red meats, fish, chicken, turkey.
- Dark, leafy green vegetables.

SOURCES OF VITAMIN C INCLUDE:

- Oranges.
- Grapefruit.
- Tomatoes.
- Bell peppers.
- Broccoli.
- Potatoes.
- Strawberries.
- Melons.
- Citrus fruit and tomato juices.



MEAL PLANNING

EAT LESS:

- Fried foods.
- High-fat meats such as sausage, bacon and hot dogs.
- Foods cooked with fatty meats, butter and lard.
- High-fat snacks such as chips and cakes.

EAT MORE:

- Lean meats.
- Baked, broiled or steamed food.
- Fresh fruits and vegetables.
- Low-fat snacks such as pretzels, graham crackers and frozen fruit juice pops.

AVOID:

- Storing foods in lead-glazed pottery or leaded crystal.
- Fruits or vegetables grown in lead-contaminated soil.
- Foods or drinks made with lead-contaminated water.



**REMEMBER TO ALWAYS WASH
YOUR HANDS BEFORE YOU EAT!**