

WHAT YOU SHOULD KNOW ABOUT NUTRITION AND LEAD.

Information for the general public about nutrition and lead.



Young children absorb higher amounts of lead than adults do.

Lead is absorbed faster on an empty stomach than a full stomach.

Eating certain foods can limit the amount of lead absorption.

WHAT FOODS LIMIT LEAD ABSORPTION?



Foods with Iron, Vitamin C and Calcium, examples:



IRON:

beef, chicken, eggs, fish, legumes-beans, iron-fortified cereals, dark green leafy vegetables



VITAMIN C:

potatoes, oranges, tomatoes, berries, broccoli, grapefruit, green peas, Brussels sprouts



CALCIUM:

milk, yogurt, cheese, spinach, calcium fortified orange juice or tofu, pudding

HOW DO I KNOW IF A FOOD HAS IRON, VITAMIN C, OR CALCIUM?

You can find the information on the nutrition facts label:

Nutrition Facts	
Serving Size (226g) Servings Per Container	
Amount Per Serving	
Calories 100	
Total Fat 10g	
Sodium 100mg	
Total Carbohydrate 10g	
Protein 10g	
Vitamin A 20%	
Vitamin C 20%	
Calcium 30%	
Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500	

Vitamin A 20% • Vitamin C 20%
Calcium 30% • Iron 15%

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This food is a good source of iron, and is high in vitamin C and calcium.

For more information about lead go to:
www.michigan.gov/lead