

NUTRITION AND LEAD POISONING

A healthy diet and regular meals will help protect children from absorbing lead. Some important nutrients to prevent lead poisoning include:

CALCIUM



milk, cheese, yogurt, dark green leafy vegetables, cottage cheese and tofu

VITAMIN C



citrus fruits and juices, broccoli, beets, cabbage, potatoes and tomatoes

IRON



Lean meats, eggs, potatoes, beets, tomatoes, greens, dried beans, spinach, raisins, peanut butter

Serve three balanced meals with a healthy snack in between meals each day. To prepare foods so they are LOW in fat, try baking or broiling instead of frying.