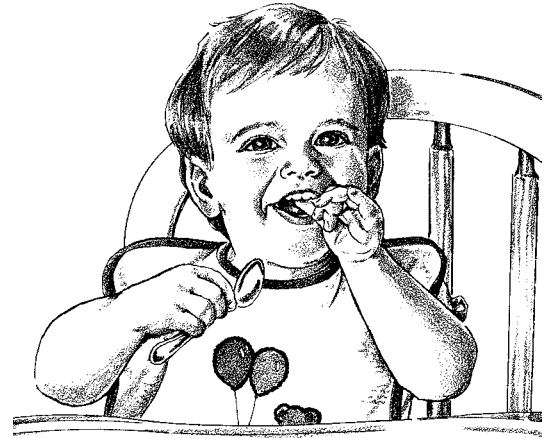


Keeping Your Child Lead-Free

Why should you worry about lead?

Lead poisoning can cause problems for your child:

- Anemia
- Growth problems
- Learning problems
- Hyperactivity



How do I know if my child is at risk?

Lead in the air, on the ground where your child plays, and in peeling paint or drinking water from older houses can put your child at risk of lead poison.

Let your health care provider know if you have any of these risk factors:

- Live in a house or your child goes to day care at a house that was built before 1960.
- Ever eat from pottery dishes that are made in another country or are made for decoration rather than for serving food.
- Ever use home remedies, herbs or folk medicines.
- Ever eat canned foods that are imported from another country.

Helpful hints to reduce your child's risk of lead poisoning

- Always wash your child's hands and face before eating.
- Always wash your hands before making foods.
- Wash toys and pacifiers often.
- Wash off bottles and food that have fallen on the floor before giving them back to your child.
- Don't heat food in cans or store food in open cans (even in the refrigerator.)
- Don't serve or eat food out of pottery or ceramic dishes that are for decoration only.
- Call your local health department to check on your water quality. If the lead content of your water is greater than it should be, use only fully flushed cold water or bottled water for drinking, cooking, and mixing formula.

Flush water pipes

Turn on cold water and let it run for two minutes before using it. (Catch the first two minutes of water and use it for non-eating uses.)

Good food can help keep your child lead free!

Give your child regular meals and snacks-less lead is absorbed on an full stomach than on a empty one.

Offer your child foods that are high in iron, calcium and vitamin C. These help limit the amount of lead your body absorbs.

Eat vitamin C foods with high iron foods to increase the amount of iron that is absorbed.

Cook in iron cookware to increase the amount of iron in the food.

Foods high in iron

Infant formula with iron
Meats/strained meats
(beef, pork, poultry)
Peanut butter

Enriched cereals and breads
Fish
Dried beans and peas
Broccoli

Cooked greens
Dried raisins and apricots
Iron-fortified cereals
Prunes and prune juice

Foods high in calcium

Milk (whole, 2%, skim)
Cheese

Yogurt
Custard

Ice cream or pudding
Cream soups

Food high in vitamin C

Citrus fruits and juices
(oranges, grapefruit,
tangerines, lemons, limes)
Broccoli

Cantaloupe
Strawberries
Papaya
Vitamin C enriched juices

Bell pepper
Greens and kale
White and sweet potatoes
Kiwi

For more information, contact



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