

tips for Lead-Safe nutrition

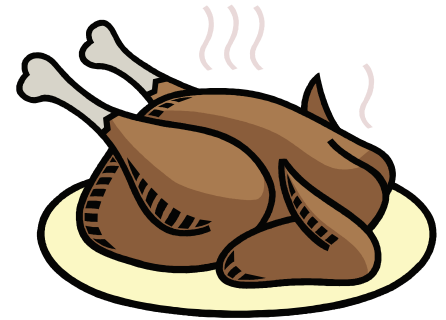
VITAMIN
C
IRON
CALCIUM

- Children with empty stomachs absorb more lead than children with full stomachs
- Provide your child with 4 to 6 small meals during the day
- Iron, Calcium and Vitamin C rich foods help protect your child

a healthy diet can help
protect your child from
the harmful effects of lead

iron-rich foods

- Normal levels of iron work to protect the body from the harmful effects of lead.
- Iron rich foods are: lean red meats, fish and chicken
- Iron-fortified cereals, and dried fruits like raisins and prunes are other sources for iron.



Calcium-rich foods

- Calcium reduces lead absorption and makes teeth and bones strong
- Calcium-rich foods are: milk, yogurt, and cheese.
- Other calcium-rich sources are green leafy vegetables like spinach, kale, and collard greens.

vitamin c-rich foods

- Vitamin C and iron-rich foods work together to reduce lead absorption
- Vitamin C-rich foods are: oranges, orange juice, grapefruits, and grapefruit juice.
- Tomatoes, tomatoe juice and green peppers are also a good source of Vitamin C.



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