

Good Nutrition and Safe Food Preparation for Lead Poisoning Prevention

PREPARE Food Safely

Lead can get into food in many ways. Here are some tips to reduce lead in your food.

- ◆ Lead can be found in tap water. Run water for 2 minutes before drinking or preparing in baby formula.
- ◆ DO NOT use hot water for baby formula or food preparation.
- ◆ NEVER heat food in cans.
- ◆ NEVER store food in opened cans.
- ◆ DO NOT serve, cook, or store foods in dishes or pottery from other countries. They may have a lead-based glaze.
- ◆ Wash your hands before preparing food.
- ◆ Wash your child's hands before they eat.
- ◆ Wash off all bottles, pacifiers or food that fall on the floor BEFORE giving them to your child.

CHOOSE Food High in IRON



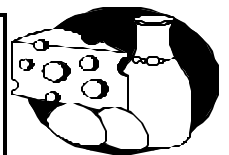
Chicken, turkey, liver, lean beef
Dried beans or peas
Iron fortified cereals

Greens and spinach
Raisins, nuts, and seeds
Potato with skin

CHOOSE Foods High In CALCIUM

Milk, cheese, yogurt
Ice milk
Calcium fortified orange juice

Greens and kale
Hot chocolate or pudding



CHOOSE Foods High in VITAMIN C



Fruits such oranges, grapefruit, tangerines
Strawberries, cantaloupe, tomatoes
Juices such as orange, grapefruit, lemonade

Bell peppers
Potatoes
Greens and kale

LIMIT Foods High in FATS and OILS

Butter Bacon Fried food
Oil Sausage Scrapple
Lard French fries Potato chips

