



Get the Lead Out *Facts About*

Nutrition and Lead Poisoning

The only way to totally prevent lead poisoning and to lower blood lead levels is to remove all sources of lead. However, certain eating habits and cleanliness can influence the amount of lead absorbed by a child.

Regular meals

Feeding your child regular meals and snacks will help his/her body to absorb less lead. An empty stomach absorbs more lead. Children should be fed three meals and two or three snacks each day. Use the "My Plate" Food Guide on the reverse side to help choose healthy foods.

Foods high in iron

To the body, lead and iron look very similar. If a child has a low body store of iron, the body may absorb more lead. Iron-rich foods should be served at least twice a day. The following foods are rich in iron:

- red meats and poultry
- nuts or sunflower seeds
- raisins, dates and prunes
- oysters, clams and mussels
- fish, tuna and salmon
- green leafy vegetables
- dried beans and peas
- iron-fortified cereals

Talk to your doctor/nurse/nutritionist for age appropriate foods for your child.

Foods high in calcium

Foods high in calcium also help the body to absorb less lead. Serve foods high in calcium at least three times each day. Foods rich in calcium include the following:

- milk and milk products
- calcium-enriched orange juice
- yogurt
- calcium fortified tofu
- cheese and cottage cheese
- salmon with bones

Foods high in vitamin C

Vitamin C helps the body to absorb iron and calcium. Foods that contain vitamin C should be served at least once each day. Some foods that are high in vitamin C include the following:

- oranges
- tomatoes
- strawberries
- potatoes
- tangerines
- sweet potatoes
- grapefruit
- lemons
- broccoli
- limes
- kiwi fruit
- cantaloupe

Other foods to avoid

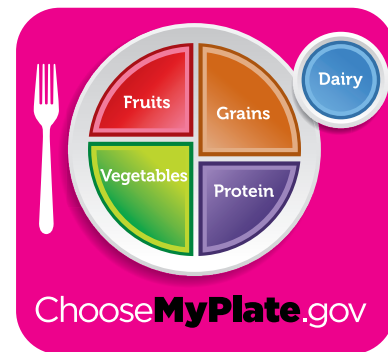
- Foods stored in lead-soldered cans, glazed ceramic dishes or leaded crystal
- Vegetables grown in lead-contaminated soil
- Foods or drinks made with lead-contaminated water (Always use cold water for cooking or drinking; let the cold water run for a few minutes before using it.)
- Some candies from Mexico may contain lead

Good hygiene

Staying clean is also important in protecting children against lead poisoning. Follow these suggestions:

- Wash a child's hands, face and mouth often, especially before meals.
- Wash bottle nipples, pacifiers and toys that are placed in children's mouths often.
- Keep children's fingernails short, so lead dust cannot be easily trapped.
- Always eat at a clean table. Food that has been dropped on the ground should be discarded.

What's on your plate?



Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.

Eat 2½ cups every day	Eat 2 cups every day	Eat 6 ounces every day	Get 3 cups every day	Eat 5½ ounces every day
<p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>

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Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.

For more information on lead poisoning, please contact the Illinois Department of Public Health at 217-782-3517, 866-909-3572, or TTY (hearing impaired use only) 800-547-0466; or call your local health department.