

# Get the Lead Out with Good Nutrition!

## Give Your Child Healthy Foods

Give your child three meals and two or three snacks each day. Your child's stomach absorbs more lead when it is empty.

Give foods high in calcium and iron. Calcium and iron help keep lead out of your child's blood.

## Foods High In Calcium:

- milk
- yogurt
- cheese
- foods made with milk, like pudding, oatmeal, pancakes
- turnip greens, collard greens
- spinach and broccoli
- canned salmon and sardines with soft bones

## Foods High In Iron:

- beef, pork, chicken, turkey, fish, liver
- green peas, lima beans
- cooked dried beans or peas
- nuts and seeds
- cereals with iron
- whole grain or enriched bread
- raisins, prunes
- turnip greens, collard greens
- spinach
- winter squash
- tomato juice

## Store Foods Safely

Store food in containers made of glass, stainless steel or plastic.

Do not cook or store food in cans, pottery, ceramics or leaded crystal. Some cans have seams made with lead. Some pottery (including Mexican bean pots), ceramics and crystal also contain lead.

## Use Cold Water

Do not use water from the hot tap for drinking, cooking, or preparing infant formula. If you boil water to make infant formula, boil it for only five minutes.

Run your water for a few minutes before using it, especially first thing in the morning.

## Clean Up

Wash your child's hands and face before he or she eats.

Clean counters before preparing food.

Wash fresh fruits and vegetables before eating or cooking.

Wash your baby's bottle and pacifier if they fall on the floor.

Try to keep your child from eating things other than food, like dirt or paint chips.



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