

WELL FED = LESS LEAD

Children 1–6 years old are most at risk for lead poisoning. Help protect your child with healthy meals and snacks.

Each day, give your child:

3 to 4 foods high in IRON Beef, chicken, eggs, turkey, dried beans, iron-fortified multi grain cereals, tofu, collards, kale, and mustard greens

3 to 4 foods high in CALCIUM Milk, yogurt, cheese, soy milk, spinach, and low-fat custard and corn tortillas

3 to 4 foods high in VITAMIN C Oranges, tomatoes, limes, bell peppers, berries, papaya, and broccoli



Choose healthy foods to keep your child safe from lead!

Instead of:	Make a healthier choice:
French fries	Celery sticks
Chicken nuggets	Baked or broiled chicken
Ice cream	Yogurt
Chips	Graham crackers
Hot dog	Turkey sandwich
Sodas	Milk or water
Candy*	Fruit

* Lead is in some candy from other countries, especially candies from Mexico made with salts, chilies, or tamarind.

Lead can hurt your child. Most children who are poisoned by lead do not look or act sick.

The only way to know if your child has lead poisoning is to get a special test for

lead. Ask your doctor if your child should be tested.



For more information, visit www.cdph.ca.gov/Programs/CLPPB or contact your local Childhood Lead Poisoning Prevention Program:



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