

# Worried About Lead?

## Eating Healthy Foods Can Help!

These foods help the body take in less lead.

### Eat foods rich in iron, like:

- Red meat and chicken
- Fish
- Green leafy vegetables
- Whole grain cereals, breads, and pastas
- Iron-fortified cold cereals
- Dried fruits
- Beans, peas, and lentils



### Eat foods rich in calcium, like:

- Milk and calcium-fortified soy milk
- Cheese and yogurt
- Calcium-fortified juices
- Green leafy vegetables
- Tofu
- Salmon and sardines (with bones)



### Eat foods with vitamin C, like:

- Oranges and grapefruits
- Tomatoes and peppers
- Broccoli
- Brussels sprouts
- Peaches, strawberries, and pears
- Watermelon



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Healthy choices, healthy lives.

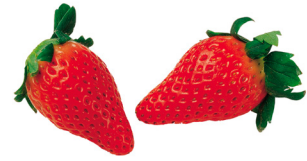
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Visit [go.wisc.edu/139ze2](https://go.wisc.edu/139ze2)  
for food support resources.

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### What is lead?

Lead is a poisonous metal that our bodies cannot use.

### Where is lead found?

Lead can be found in air, soil, water and inside older homes. Homes built before 1978 may contain lead-based paint on the inside or outside of the house.

### What does lead do to the body?

Lead stops good minerals (like iron and calcium) from working well in the body. This can cause serious health problems for you and your family.

### Who is hurt most?

Pregnant women and young children are most at risk. Children's bodies absorb more lead, which can cause problems with growth, hearing, speech, behavior, and learning.

### How do I protect my family?

#### Paint

- Follow lead-safe practices to fix peeling paint. Use the Environmental Protection Agency's brochure on "**Steps to Lead Safe Renovation, Repair, and Painting.**"
- Wash dust off hands, toys, bottles, windows, and floors.
- Keep children away from loose paint chips.

#### Water

- Cook and wash food with safe water.
- Use a certified water filter.
- Run tap water for one minute before use.

#### Food

- Feed your family regular meals and snacks. An empty stomach absorbs more lead.
- Serve foods rich in iron, calcium, and vitamin C, as they help the body absorb less lead.



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Visit [cdc.gov/lead-prevention/about/index.html](https://cdc.gov/lead-prevention/about/index.html)  
for more information about lead.