Eat a Variety of Nutritious Foods to Help Reduce the Effects of Lead

Calcium

Makes it hard for lead to enter the body



Vitamin C



Potatoes



Peanut butter



Lean meats, fish, and seafood

Iron

Protects against harmful effects of lead



Whole grain breads and cereals

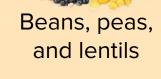
Eggs



Soy products



Almonds



Dark green vegetables

Learn more about how you can protect your family from lead at www.health.ny.gov/lead or contact your local health department.



Tomatoes