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

**Calcium**
- Makes it hard for lead to enter the body
- Sweet potatoes
- Dried fruits
- Dairy products

**Iron**
- Protects against harmful effects of lead
- Peanut butter
- Whole grain breads and cereals
- Lean meats, fish, and seafood
- Eggs

**Vitamin C**
- Helps the body absorb calcium and iron better
- Sweet potatoes
- Fruits
- Peppers
- Tomatoes
- Potatoes

Some foods are good sources of calcium and iron:
- Soy products
- Beans, peas, and lentils
- Almonds
- Dark green vegetables

Learn more about how you can protect your family from lead at [www.health.ny.gov/lead](http://www.health.ny.gov/lead) or contact your local health department.