GOOD NUTRITION HELPS YOUR FAMILY TO

Get Ahead of Lead

Iron – Normal levels of iron work to protect the body from the harmful effects of lead. Good sources of dietary iron include –

- Whole Grain Breads and Cereals
- Beans and Peas
- Fish
- Chicken/Turkey
- Eggs
- Lean Beef/Pork
- Dark Green Vegetables

Calcium – Calcium reduces lead absorption and also helps make teeth and bones strong. Good sources of dietary calcium include –

- Milk/Milk Products (Aim for Lower Fat Sources)
- Yogurt
- Fortified Juices
- Pizza
- Spinach
- Cream Soups
- Cheese

For more information, contact your doctor or local health department.