

Good Nutrition Helps: Reduce the Effects of Lead!

Lead can harm children's growth, behavior and ability to learn, and can affect them for life. Lead can also be a problem for adults, especially pregnant women and their babies. However, when there is nutritious food in the body, it is difficult for lead to be absorbed.

Eat a variety of these nutritious foods

Calcium
Makes it hard for lead to enter the body



Dairy products



Sweet potatoes Dried fruits

Iron
Protects against harmful effects of lead



Eggs Peanut butter



Lean meats, fish, and seafood Whole grain breads and cereals

Vitamin C
Helps the body absorb calcium and iron better



Peppers



Fruits



Tomatoes



Potatoes

Some foods are good sources of both calcium and iron



Dark green vegetables



Soy products



Beans, peas, and lentils



Almonds

Did You Know?

The most common cause of lead poisoning is dust and chips from old paint. Lead can also be found in some products imported from the Middle East, Latin America, South Asia, and China.



Paint dust and chips



Imported cosmetics, jewelry, foods, and medicines



Jobs and hobbies



Remember!

Children may not look or act sick, but a blood test could show that they have high lead levels. New York State requires health care providers to test all children for lead with a blood lead test at age 1 year and again at age 2 years.



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