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.

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](http://www.health.ny.gov/lead) or contact your local health department.