

Prevent lead poisoning with your diet

Foods with calcium, iron, and vitamin C can help protect your body against lead.



Foods with calcium

Dairy products (milk, cheese, cottage cheese, yogurt, etc.), canned salmon, dark leafy green vegetables (kale, collard, spinach, broccoli, etc.), green and wax beans, sardines, okra, eggs.



Foods with iron

Liver, iron-fortified cereals, red meats, molasses, dark leafy green vegetables (kale, collard, spinach, broccoli, etc.), dried beans or peas, oysters, lentils, soybeans, sardines, prune juice, scallops, shrimp.



Foods with vitamin C

Broccoli, brussels sprouts, cabbage (raw), cantaloupe, cauliflower, grapefruit or grapefruit juice, peppers, greens (collard, kale, beet, mustard greens, turnips), oranges or orange juice, papaya, pineapple, potatoes, raspberries, spinach, strawberries, tomatoes or tomato juice, vitamin C fortified cereal.

Foods high in fat can make it easier for your body to absorb lead.

Eat less:



- Fried foods
- High fat meats such as sausage, bacon, and hot dogs
- Foods cooked with fatty meats, butter, and lard
- High fat snacks such as chips and cakes

Eat more:



- Lean meats
- Baked, broiled, or steamed food
- Fresh fruits and vegetables
- Low fat snacks such as pretzels, graham crackers, and frozen fruit juice pops

10 steps to protect your child from lead

No safe level of lead in children has been identified. Even low levels of lead in blood can hurt a child's ability to learn, pay attention, and do well in school.

Get your child tested for lead

1. A blood test is the **best way** to find out if your child has been exposed to lead. Talk to your healthcare provider about how to get a blood lead test.

Do a home survey

2. In homes built **before 1978**: Check for loose paint and plaster. Don't forget closets, behind beds, and outside. Remove paint chips and dust from inside windows and window sills. Have a lead-safe professional make most repairs. Children and pregnant women should leave the home while repairs are being made.
3. Keep your home dust-free. Use door mats. Vacuum and use a damp mop and duster at least once a week.
4. Remove painted toys if they were made outside of the U.S. Remove old painted furniture.
5. Run water from a faucet for at least 2 minutes before you use it in the morning. Do not use hot water from a faucet when you cook or make baby formula.
6. Cover the dirt in your yard with grass, ground cover, or shrubs with wood chips underneath them.

Help your child avoid lead

7. Feed your child at least 3 nutritious meals every day on a regular schedule. Children need foods with **calcium** (milk, cheese, yogurt), **iron** (iron-fortified cereal, green leafy vegetables), and **protein** (lean meat, fish, poultry). These foods help protect your child from lead poisoning. Stay away from fried and fatty foods.
8. Teach your child not to put things in their mouth.
9. Wash your child's hands and face before each meal, snack, and bedtime. Clean toys and pacifiers often.

Don't bring lead into your home

10. If you or other family members work where there is lead, change your work clothes and shoes at the work place. If possible, shower before going home. Wash work clothes separately. If you have a hobby that uses lead, follow the same precautions, and don't do the hobby at home.

Go to epi.utah.gov/lead-poisoning-prevention to learn more

