LEAD CAN HURT YOUR FAMILY.

Lead is a metal that our bodies don't need. Too much lead in our bodies can cause problems, especially for children. Children exposed to too much lead may not look or act sick, but may have problems with growth and learning.

Talk with your doctor to see if you or your child should be tested for lead.

FOR MORE INFORMATION ON NUTRITION AND LEAD, CONTACT:

MDHHS Michigan Department of Health & Human Services

Michigan Department of Health and Human Services
1-888-322-4453 or visit:
www.michigan.gov/lead

The National Lead Information Center
1-800-424-LEAD (424-5323)

MICHIGAN WIC Women Infants & Children

Your local WIC Nutritionist

or visit **www.choosemyplate.gov**

This institution is an equal opportunity provider.

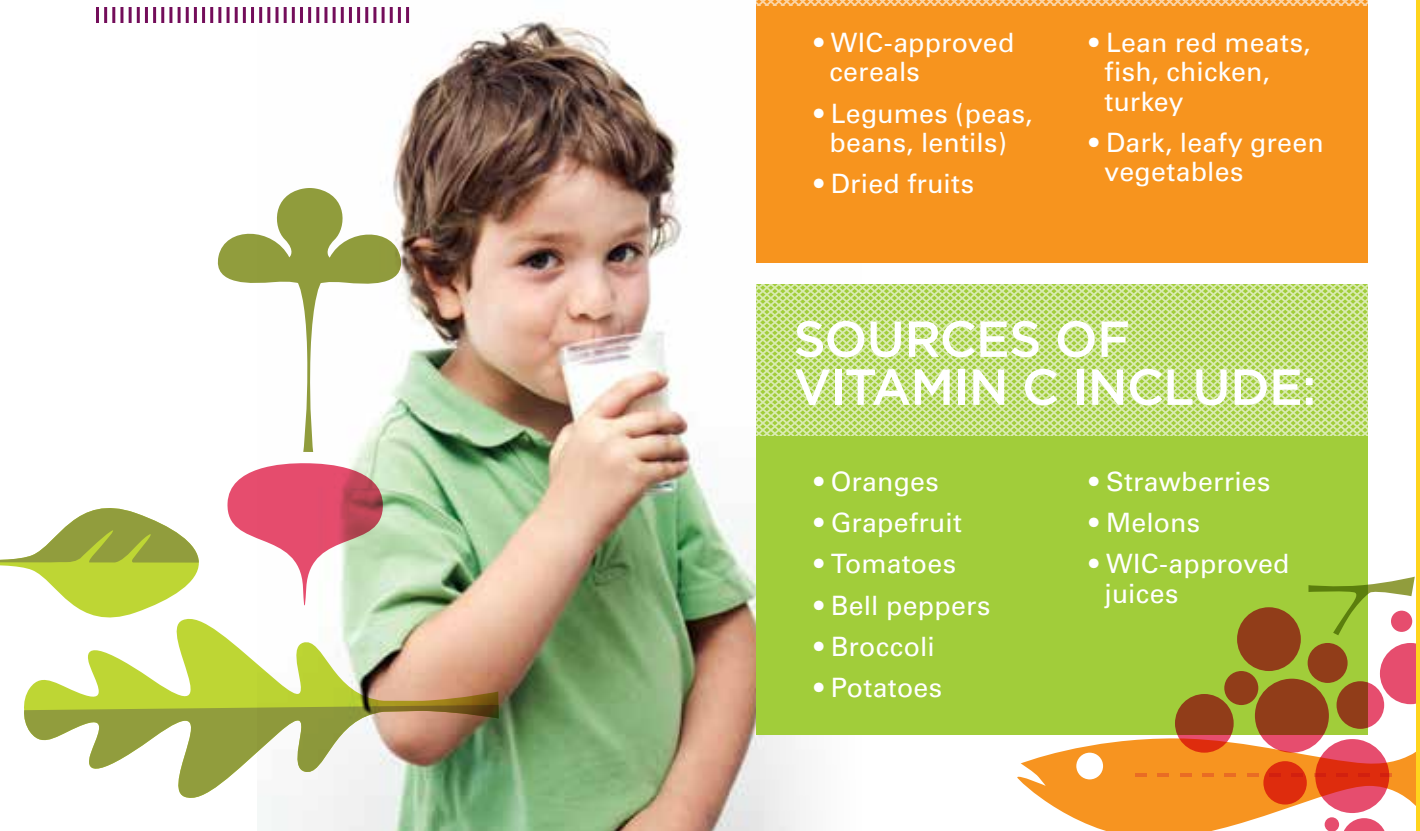
DCH-1515 March 2016

WELL FED MEANS LESS LEAD

PROTECT YOUR FAMILY FROM LEAD WITH HEALTHY FOODS!

Good nutrition is one way to protect your family from lead. From the start, breast milk provides the best nutrition and many health benefits for babies.

For children and adults, three key nutrients can play a role in protecting the body from the harmful effects of lead: **calcium**, **iron**, and **vitamin C**. These nutrients help the body absorb less lead and are part of a healthy diet. Choose a variety of foods daily.



SOURCES OF CALCIUM INCLUDE:

- Milk
- Yogurt
- Cheese
- Cottage Cheese
- Pudding
- Calcium fortified orange juice
- Dark, leafy green vegetables

SOURCES OF IRON INCLUDE:

- WIC-approved cereals
- Legumes (peas, beans, lentils)
- Dried fruits
- Lean red meats, fish, chicken, turkey
- Dark, leafy green vegetables

SOURCES OF VITAMIN C INCLUDE:

- Oranges
- Grapefruit
- Tomatoes
- Bell peppers
- Broccoli
- Potatoes
- Strawberries
- Melons
- WIC-approved juices

MEAL PLANNING

It is important that your family has regular meals and snacks. This may help keep lead from being absorbed. Ask your WIC Nutritionist for ideas on healthy food choices and serving sizes.

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

AVOID:

- Storing foods in imported lead-glazed pottery or leaded crystal
- Fruits or vegetables grown in lead-contaminated soil
- Foods or drinks made with lead-contaminated water

REMEMBER TO ALWAYS WASH YOUR HANDS BEFORE YOU EAT!