Ways To Prevent Lead Poisoning

Be careful when you make meals.
• Wash your hands with soap before you start to cook.
• Wipe off counter tops.
• Don’t use dishes or pottery if you think they have lead in the paint.
• Let tap water run for 2 minutes before using it to make babies’ bottles.
• Make children wash their hands before eating.
• Never heat food in cans.
• Never store food in opened cans. Put the food in plastic containers.
• Wash all bottles and pacifiers.
• If food falls on the floor, throw it out. Do not feed it to children.

Feed children food with lots of iron and calcium.
Feed children food high in vitamin C.
Iron and calcium will soak up lead from the blood.
Vitamin C helps the body use iron better.

Cook food in iron pots and pans. This will add iron to the food.

These foods are high in iron.
Chicken, turkey, lean beef, liver
Cooked dried beans or peas, baked beans, lima beans, butter beans, black-eyed peas
Iron-fortified cereals
Potatoes baked in their skins
Turnip, collard, and mustard greens, spinach
Dried fruits — raisins, prunes, apricots
Nuts
Be careful feeding nuts to young children.

These foods are high in calcium.
Skim or low-fat milk, yogurt, cheese
Turnip, collard, and mustard greens, kale
Ice milk
Hot chocolate or pudding

These foods are high in vitamin C.
Oranges, grapefruit, tangerines, strawberries, cantaloupe
Juices — orange, grapefruit, lemonade
Tomatoes
Bell peppers
Potatoes and sweet potatoes baked in their skins
Turnip, collard, and mustard greens, kale

Cut down on foods with fats and oils.
Bacon, sausage, french fries, potato chips, fried foods
Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Evelyn F. Crayton, Extension Foods & Nutrition Specialist
Your County Extension Agent can tell you more about this and can help you in other ways too.

Prevent Lead Poisoning in Children

Lead is all around us.

- Lead is in paint chips.
- Lead is in some drinking water.
- Lead is in dirt and dust.
- Lead can make you very sick if it gets inside you.
- Lead can poison children.
- Lead can cause poor hearing.
- It can cause learning problems.
- Lead can even cause brain damage.

Katie knows ways to stop lead poisoning. She will tell you how.