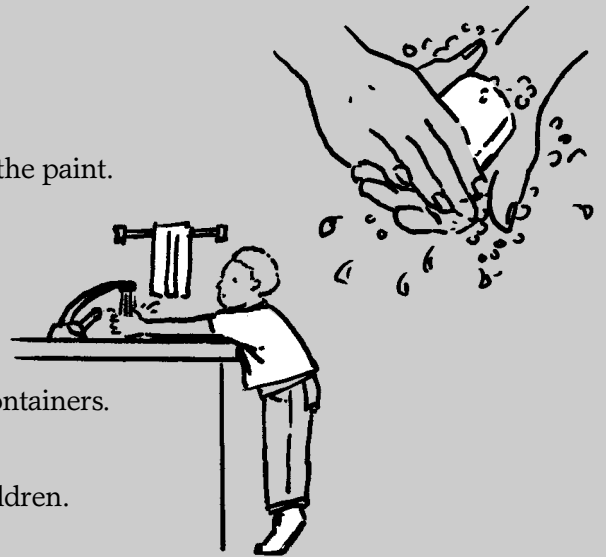


# Ways To Prevent Lead Poisoning

## 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.



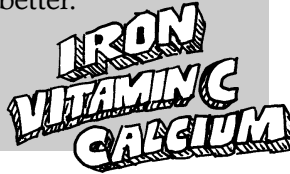
## Feed children food with lots of iron and calcium.

### 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.



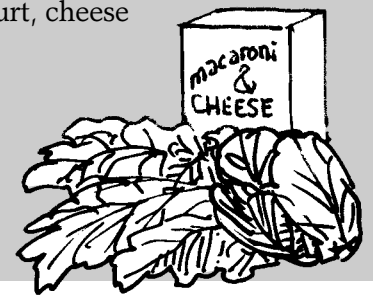
## These foods are high in calcium.

Skim or low-fat milk, yogurt, cheese

Turnip, collard, and  
mustard greens, kale

Ice milk

Hot chocolate or pudding



## These foods are high in iron.

Chicken, turkey, lean beef, liver

Cooked dried beans or peas, baked beans, lima beans,  
butter beans, black-eyed peas

Iron-fortified cereals

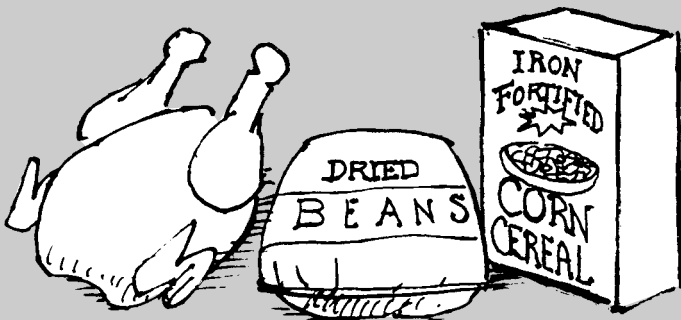
Potatoes baked in their skins

Turnip, collard, and mustard greens, spinach

Dried fruits — raisins, prunes, apricots

Nuts

Be careful feeding nuts to young children.



## These foods are high in vitamin C.

Oranges, grapefruit, tangerines,  
strawberries, cantaloupe

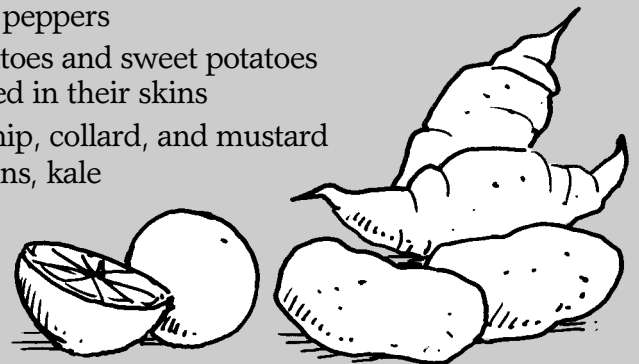
Juices — orange, grapefruit, lemonade

Tomatoes

Bell peppers

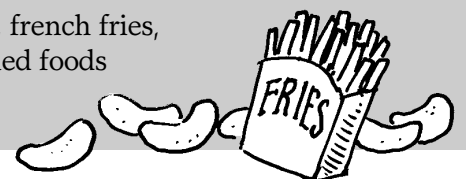
Potatoes and sweet potatoes  
baked in their skins

Turnip, collard, and mustard  
greens, kale



## Cut down on foods with fats and oils.

Bacon, sausage, french fries,  
potato chips, fried foods





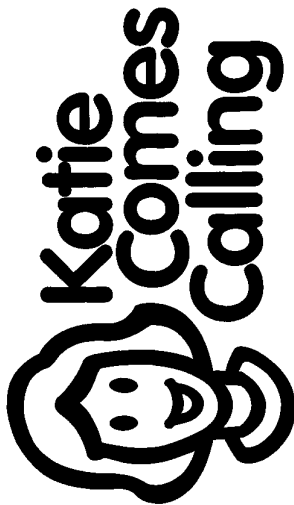
ALABAMA A & M AND AUBURN UNIVERSITIES

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.

*Katie*

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## 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.  
It can stop children from growing.  
Lead can even cause brain damage.  
Katie knows ways to stop lead poisoning.  
She will tell you how.



*Evelyn F. Crayton*

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. Call or write:



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