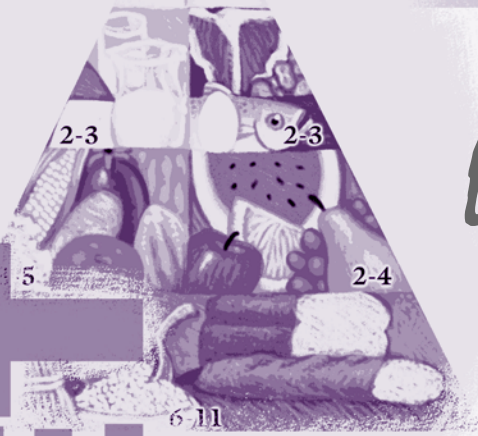


How Nutrition Helps Decrease Lead Absorption

Connecticut Lead Poisoning Prevention and Control Program
(860) 509-7299 • Hartford, CT



Lead fools the body into thinking it is iron, calcium or zinc, making the body not work properly. Good nutrition can help decrease the absorption of lead in the body.

Don't let your child go through the day on an empty stomach!

Lead is taken up by the body more quickly when the stomach is empty.

Follow these Good Nutrition Habits Daily:

Five Basic Food Groups

- Breads, cereals and grains (*6–11 servings*)
- Vegetables (*3–5 servings*)
- Fruit (*2–4 servings*)
- Milk and milk products (*2–3 servings*)
- Meat, chicken, fish, nuts, and dried beans or lentils (*2–3 servings*)

Foods Rich in Calcium

- Milk (*at least 2 but no more than 3 cups a day*)
- Yogurt
- Cheese (*for snacks, in cooking such as macaroni and cheese, pizza, tortillas, vegetables*)
- Foods made of milk (*pudding, soup, ice cream, custard*)
- Sardines or canned salmon (*with bones*)
- Green vegetables (*kale, collard greens, broccoli*)

Foods Rich in Iron

- Lean red meat, chicken, turkey and fish
- Iron-fortified hot and cold cereals
- Clams, oysters or mussels (*use canned to make soup or sauce for pasta*)
- Dark green leafy vegetables
- Dried beans, split peas, and lentils (*pinto, red, navy, kidney, garbanzo*)
- Eggs
- Dried fruit
- Peanut Butter (*could be choking hazard for children under 3*)

The iron in vegetables, grains, beans, nuts and eggs may be made more usable to the body when you eat a food high in Vitamin C at the same meal. Oranges, grapefruit, strawberries, cantaloupe, green peppers, cauliflower, broccoli and potatoes are some foods high in Vitamin C.



Foods Rich in Zinc

- Chicken or turkey
- Lean meat
- Fish
- Milk and cheese
- Clams, oysters, mussels, crab
- Dried beans and lentils
- Eggs

Bake or broil foods rather than fry.

Avoid eating high fat foods. When you do eat high fat foods eat smaller portions. Fatty foods may increase lead absorption.

Don't forget vitamin C because it helps your body absorb iron.

Children under the age of 2 should have whole milk after they are weaned from formula or breast milk. Most children 2 and older can have lower fat milk. Children with milk allergies can have tofu, leafy green vegetables and sardines or canned salmon for their calcium needs.

Younger children need smaller servings than older children or adults. More active people need larger numbers of servings from each of the 5 food groups.



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