

# Healthy Eating

## to Reduce Lead Poisoning

Many communities struggle with lead pipes in their water infrastructure and lead paint in their homes. While there are no safe levels of lead, the foods our families eat can help limit how much lead the body takes in.

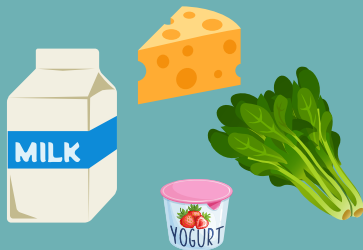
Children, who are particularly vulnerable to lead poisoning, absorb more lead on an empty stomach than a full one! This guide will help you learn how nutrition, cooking, and cleaning can help fight lead poisoning in your home.



## Best Nutrients to Protect Against Lead

### CALCIUM

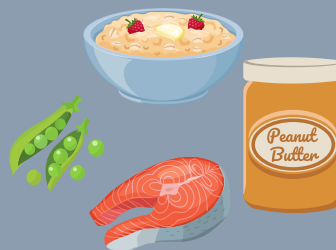
3 TIMES  
A DAY



Found in milk, yogurt, cheese, green leafy veggies, and calcium-fortified foods for vegetarians and vegans. Boosts bone strength and reduces lead absorption.

### IRON

2 TIMES  
A DAY



Found in lean red meats, fish, chicken, green beans, peas, peanut butter, nuts, seeds, and cereals. Shields the body from lead's harmful effects. Eat with calcium-rich foods for better results.

### VITAMIN C

1 TIME  
A DAY



Found in citrus fruit, berries, tomatoes, cantaloupe, peppers, and juice. Choose raw veggies for maximum vitamin C. Enhances iron absorption.

### Reduce lead exposure with cooking!

- Wash hands before cooking and eating.
- Run cold water for 2 mins if unused for a few hours.
- Use only cold water for baby formula, drinking and cooking.
- Avoid using imported pottery or ceramics.
- Cook with filtered water, certified for lead removal (Ensure filter meets NSF/ANSI Standard 53).

### Protect against lead with cleaning!

- Wash children's hands, toys, and bottles regularly.
- Clean often using wet cleaning methods for surfaces with lead dust and paint.
- Avoid DIY paint removal during renovations.
- Report peeling paint to your landlord and health department if renting.
- Test children and older homes for lead.