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# Fighting Lead Poisoning with Food


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# FIGHT LEAD POISONING WITH FOOD



## VITAMIN C

Your child needs a healthy diet that has lots of **IRON**, **CALCIUM**, and **VITAMIN C** to help them fight the lead in that is already in their body

### WHAT SORT OF FOODS HAVE IRON, CALCIUM, AND VITAMIN C?



Orange Juice with calcium  
100% fruit juices  
Strawberries  
Bell Peppers  
Dried Beans  
Broccoli

Cantaloupe  
Grapefruit  
Potatoes  
Oranges  
Limes  
Kiwi

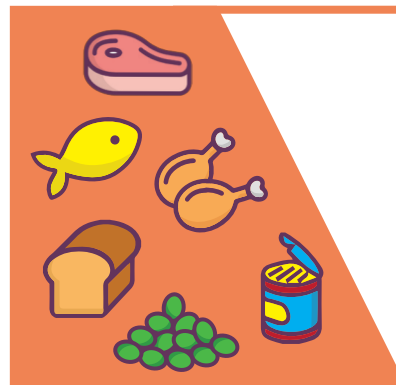
## CALCIUM

Orange Juice with calcium  
Calcium-rich fruit juices  
Cheese  
Yogurt  
Soy Milk  
Milk



## IRON

Frosted mini wheats  
Iron-rich Bread  
Iron-rich pasta  
Canned Tuna  
Dried Beans  
Chicken  
Raisins  
Turkey



## TIPS



- Try making smoothies with yogurt, fresh or frozen fruit, and spinach for picky eaters



- Make sure your child never has an empty stomach by giving them healthy snacks throughout the day



- If you are in the Women, Infant, and Children (WIC) program, many of the foods you already buy are high in iron, calcium, and vitamin C



- Read nutrition labels while you grocery shop to check how much iron, calcium, and vitamin C are in each item you buy

## Nutrition Facts

Serving Size 100 grams (100 grams)

### Amount Per Serving

**Calories** 29      Calories from Fat 2

### % Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol** 1mg      0%

**Sodium** 27mg      1%

**Total Carbohydrate** 6g      2%

Dietary Fiber 1g      4%

Sugars 4g

**Protein** 2g

Vitamin A 10% • **Vitamin C 100%**

**Calcium 90%** • **Iron 90%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



# WHAT DO LEAD LEVELS MEAN?



0 - 4 ug/dL

Lead levels are higher than normal which means your child has been around lead



5 - 9 ug/dL



10 - 14 ug/dL

Your child is lead poisoned even though they may not look or act sick



15 - 19 ug/dL

Members of the Health Department will visit your home and give you information about how to lower your child's lead levels



20 - 44 ug/dL

Your child has a HIGH level of lead in his or her body. You must talk about your child's lead level to a doctor, dietician, and someone who can tell you if your child is growing like children the same age



45 + ug/dL

Your child is in DANGER! Your child needs care RIGHT AWAY and must be tested again with blood drawn from the arm

- Not likely to cause your child any problems
- Your child should still be tested every 12 months until they are 6 years old

- Look for signs of lead (chipping or cracked paint) wherever your child plays or spends time
- This is the best time to take action and prevent future exposure!

- Your child will need to have another lead test in 3 months
- Look for and remove possible lead hazards wherever your child spends time
- Talk to your doctor about what you can do (he or she may suggest extra iron for your child)

- A nurse from the Scott County Health Department will come to your home to give you more information about lead poisoning and how to lower your child's lead level
- Another person from the Scott County Health Department will come to your home to and other places your child spends time to find where and how your child is getting lead poisoned
- Look for lead hazards (chipping or cracked paint) wherever your child spends time
- Talk to your doctor (he or she may suggest extra iron for your child)

- Look for lead wherever your child spends time and safely remove it from your home
- A member of the Scott County Health Department will tell you and your landlord how to safely remove lead found in your home and will monitor the home until the work is done
- Your child will need to be tested again within one week of blood being taken from the arm
- Your child will need to be retested often until lead levels fall below 10

- A check up with a doctor is needed right away and the doctor may need to give your child medicine
- Your child CANNOT return to a home that has lead in it after getting medicine
- A lead safe home is needed for your child to get better
- A nurse from the Scott County Health Department will work closely with you and the doctor until your child's lead levels are safe again
- The Health Department will work with you and your landlord to let you know when the lead has been safely removed and when it is safe for your child to return home

## HELPFUL HINTS TO GET THE LEAD OUT OF YOUR CHILD'S BODY



- Keep your child full with healthy snacks! The nutrients in these foods fight the lead in your child's blood



- Keep your beautiful home clean by wiping down floors and windows with a wet mop or rag to get rid of lead dust