



Eating Right Helps Fight Lead Poisoning

Lead tricks the body into thinking it is iron, calcium or zinc. Eating healthy can help decrease the lead from staying in the body.

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

Five Basic Food Groups

- Breads, cereals and grains
- Vegetables
- Fruit
- Milk and milk products
- Meat, chicken, fish, nuts, and beans



Foods Rich in Calcium

- Milk
- 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 Zinc

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



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 other beans (*pinto, red, navy, kidney, garbanzo*)
- Eggs
- Dried fruit



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.

Healthy Tips:

- Don't fry foods. Bake or broil them.
- Try not to eat high fat foods. When you do eat them, eat small portions.
- Vitamin C helps your body absorb iron.
- Children under the age of 2 should have whole milk after they no longer drink formula or breast milk. Most children 2 and older can have lower fat milk. Children with milk allergies can have tofu, leafy green vegetables, 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.

Connecticut Lead and Healthy Homes Program

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www.choosemyplate.gov

www.ct.gov/dph/lead

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