

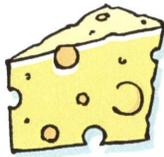
What your child eats can help prevent lead poisoning and lower lead levels.

Children with empty stomachs absorb more lead than children with full stomachs. Provide your child with 4 to 6 small meals during the day. The following nutrients can help protect your child from lead poisoning.

Eat foods that are high in calcium, such as:



Milk



Cheese



Ice Cream



Yogurt



Pudding



Greens

Eat foods that are high in iron, such as:



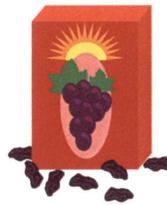
Fish



Greens



Chicken



Raisins



Dried Beans



Cereals

Eat foods that are high in Vitamin C, such as:



Oranges



Mangoes



Green Peppers



Tomatoes



Grapefruit Juice



Broccoli

