

Nutrition

- Make sure your child eats regular snacks and meals, since less lead is absorbed when there is food in the stomach.
- Limit foods with high fat content, like hot dogs, chips, and french fries, since too much fatty food can increase the amount of lead absorbed from a child's stomach.
- Feed your child foods rich in calcium and in iron to help protect him or her from absorbing lead.

Calcium-rich foods to give your child:

- Milk - and foods made with milk, like cream soups, ice cream, custard, puddings, and milk shake drinks
- Cheese - cheese pizza, macaroni with cheese, cheese and crackers
- Yogurt
- Fish - sardines, trout, cod, mackerel, tuna, salmon, crab, lobster
- Greens—cabbage, collards, kale, broccoli, spinach, beet greens

Iron-rich foods to give your child:

- Meat - lean beef, pork, poultry and liver
- Fish - clams, mussels, oysters, tuna, trout, cod, sardines
- Eggs
- Cereal - wheat germ; iron-fortified cereal, either hot or cold
- Fruits - raisins, prunes, dates, and other dried fruit
- Beans and nuts - baked beans, pinto, navy or black beans, almonds and other nuts

Vitamin C helps the body absorb iron. Try to combine high-iron foods with a vitamin C-rich food, for example:

- Iron-fortified cereal and orange juice
- Baked beans with molasses, coleslaw, corn bread
- Bean and beef taco, topped with tomato and salsa