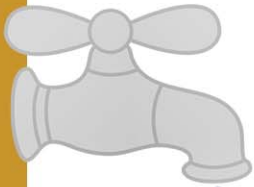


# Well-Fed Means Less Lead

Exposure to unsafe levels of lead can cause serious health concerns, especially among children. What you eat can help! Take immediate action for yourself and your family by eating a healthy diet filled with iron, calcium and vitamin C.






Young children and pregnant women are at greatest risk.

The body absorbs lead more quickly on an empty stomach.

Eating foods with iron, calcium and vitamin C can help mitigate lead absorption.

## Check It & Protect It:

- ✓ Have your water tested to check whether your home has lead pipes by calling 1-800-424-LEAD.
- ✓ Use a water filter.
- ✓ Have your family tested for lead exposure.
- ✓ Eat regular meals and include healthy snacks for children.
- ✓ Choose foods with plenty of calcium, iron and vitamin C.

| Calcium  | Iron  | Vitamin C  |
|--|---|--|
| <ul style="list-style-type: none"> <li>• Milk</li> <li>• Broccoli</li> <li>• Yogurt</li> <li>• Tofu</li> </ul> | <ul style="list-style-type: none"> <li>• Red meat</li> <li>• Beans, lentils</li> <li>• Iron-fortified cereals</li> <li>• Fish</li> <li>• Spinach</li> </ul> | <ul style="list-style-type: none"> <li>• Oranges</li> <li>• Grapefruit</li> <li>• Berries</li> <li>• Tomatoes</li> <li>• Bell peppers</li> <li>• Dark, leafy greens</li> </ul> |
|                             |   |   |

Need more help?

Learn more about how to keep your family healthy with programs like WIC, FoodShare, Stockbox and Mobile Market at:

[www.HungerTaskForce.org/lead-ed](http://www.HungerTaskForce.org/lead-ed)



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