

Get WELL FED

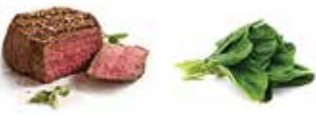




Exposure to lead can cause serious health concerns.

Even at low levels, lead is extremely harmful to infants, children and women of child-bearing age.

What you eat can help protect your family against lead!

Feed your family a healthy, balanced diet that contains good sources of iron, vitamin C and calcium.

IRON	VITAMIN C	CALCIUM
 <ul style="list-style-type: none">• Red Meat • Fish • Beans• Lentil • Iron-fortified Cereals• Spinach	 <ul style="list-style-type: none">• Oranges • Berries • Tomatoes• Bell Peppers• Dark, Leafy Greens	 <ul style="list-style-type: none">• Milk • Yogurt • Cheese• Kale • Turnip Greens• Calcium-fortified Juices

What should you know?

- More lead is absorbed on an empty stomach. Infants and children absorb 5 to 10 times more lead on an empty stomach than adults.
- Exposure to lead is harmful to childhood development and can cause permanent behavioral and learning problems, a lower IQ, slowed growth and hyperactivity.
- Good sources of iron, vitamin C and calcium may lessen the absorption of lead into your body.

What can you do?

- Offer and feed your family regular, healthy meals and snacks to reduce lead absorption.
- Participate in free federal nutrition programs, such as WIC, Summer Meals, Farmers Market Vouchers, FoodShare (SNAP) and many others.
- Wash ALL fruits and vegetables thoroughly with cold water for 1 minute or until all dirt and dust is removed.
- When preparing food, always wash and cook with safe water.

Visit [GetWellFed.org](https://www.getwellfed.org) for more information.

Well Fed Means Less Lead | [GetWellFed.org](https://www.getwellfed.org) | **THE NUTRITION & LEAD TASK FORCE**