GOOD NUTRITION HELPS YOUR FAMILY TO

Iron – Normal levels of iron work to protect the body from the harmful effects of lead. Good sources of dietary iron include –

Whole Grain Breads and Cereals

Beans and Peas

Fish

Chicken/Turkey

Eggs

Lean Beef/Pork

Dark Green Vegetables

Calcium – Calcium reduces lead absorption and also helps make teeth and bones strong. Good sources of dietary calcium include –

Milk/Milk Products (Aim for Lower Fat Sources)

Yogurt

Fortified Juices

Pizza

Spinach

Cream Soups

Cheese

For more information, contact your doctor or local health department.
Or visit the New York State Department of Health web site: www.nyhealth.gov/lead.

State of New York
Department of Health

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Rev. 4/10