

Nutrition

TO PREVENT LEAD POISONING AND REDUCE LEAD LEVELS

FOODS WITH VITAMIN C



Oranges, Grapefruit, Strawberries,
and Melon



Potatoes



Tomatoes and Bell Peppers

Well Fed, Less Lead

Good nutrition is one way to protect your family from lead. For children and adults, three key nutrients can play a role in protecting the body from the harmful effects of lead: **calcium, iron, and vitamin C.**

These nutrients help the body absorb less lead and are part of a healthy diet. Choose a variety of food daily.

FOODS WITH CALCIUM



Milk, Cheese, Yogurt



Calcium-fortified orange juice



Broccoli, Dark Leafy Greens
(Also contain Iron and Vitamin C)

FOODS WITH IRON



Lean Red Meats, Fish, Poultry



Legumes (Beans, Peas, Lentils)



Iron-Fortified Cereals



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For more information
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Creating Healthy
Asian American Communities
in Michigan



Eastern Michigan University