



## 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.

## HOW MUCH OF EACH FOOD SHOULD MY CHILD EAT? YOU CAN USE YOUR HANDS TO MEASURE THE AMOUNT!

Serving sizes for toddlers and young children

### CHEDDAR CHEESE

1.5 oz, half a handful

### YOGURT

1 cup, the size of your fist

### MEAT AND FISH

2-3 oz., the size of the palm of your hand

### LEGUMES (BEANS, PEAS, LENTILS)

½ cup cooked, the size of your fist

### CEREALS

1 cup, the size of your fist

### LEAFY GREENS

1 cup, the size of your fist

### VEGETABLES

½ cup, cooked or raw, the size of your fist

### MILK AND ORANGE JUICE

¾ cup, a small glass

INFORMATION TAKEN FROM THE MICHIGAN DEPARTMENT OF  
HEALTH AND HUMAN SERVICES

# Nutrition

TO PREVENT LEAD POISONING  
AND REDUCE LEAD LEVELS



## Michigan Childhood Lead Poisoning Prevention Program



EASTERN MICHIGAN UNIVERSITY  
**Center for Health Disparities  
Innovations and Studies**

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## FOODS WITH CALCIUM



Milk, Cheese, Yogurt



Calcium-fortified orange juice



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

## FOODS WITH VITAMIN C



Oranges, Grapefruit,  
Strawberries, and Melon



Potatoes



Tomatoes and Bell Peppers

## FOODS WITH IRON



Legumes (Beans, Peas, Lentils)



Lean Red Meats, Fish, Poultry



Iron-Fortified Cereals