

# Good Nutrition Helps: Reduce the Effects of Lead!

Lead can harm children’s growth, behavior and ability to learn, and can affect them for life. Lead can also be a problem for adults, especially pregnant people and their babies. However, when there is nutritious food in the body, it is difficult for lead to be absorbed.

## Eat a variety of these nutritious foods

**Calcium**  
Makes it hard for lead to enter the body




Dairy products




Sweet potatoes      Dried fruits

**Iron**  
Protects against harmful effects of lead




Eggs      Peanut butter




Lean meats, fish, and seafood      Whole grain breads and cereals


**Vitamin C**  
Helps the body absorb calcium and iron better




Peppers



Fruits



Tomatoes



Potatoes

**Some foods are good sources of both calcium and iron**



Dark green vegetables



Soy products



Beans, peas, and lentils



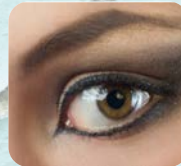
Almonds

### Did You Know?

The most common cause of lead poisoning is dust and chips from old paint. Lead can also be found in some products imported from the Middle East, Latin America, South Asia, and China.



Paint dust and chips



Imported cosmetics, jewelry, foods, and medicines



Jobs and hobbies



### Remember!

Children may not look or act sick, but a blood test could show that they have high lead levels. New York State requires health care providers to test all children for lead with a blood lead test at age 1 year and again at age 2 years.

Learn more about how you can protect your family from lead at [www.health.ny.gov/lead](http://www.health.ny.gov/lead) or contact your local health department.

