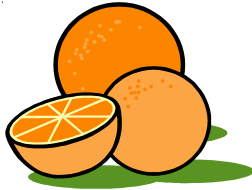


Your Child's Health

Include Foods High in Vitamin **C**

such as:

Orange and *orange juice,
Grapefruit juice
Natural fruit juices
Fortified with Vitamin C
Dark Green Leafy
Vegetables
Potatoes and sweet potatoes (cooked in the
skin)



For best protection, offer your child a variety
of foods from the following groups:

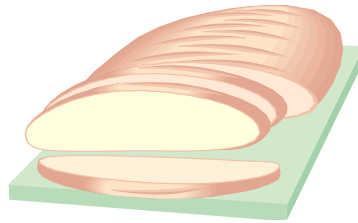
- 1. Fruits, Vegetables and *Pure Juices** – eat
at least 5 or more child-size servings daily.
- 2. *Milk, *Cheese and other Milk Products**
– eat at least 4 child-size servings daily.
- 3. Meat, Poultry, Fish, *Eggs and Dried
Beans** – eat at least 2 child-size servings daily.
- 4. Bread and *Cereals** – eat at least 4 or more
child-size servings daily.

**These foods are provided by the WIC Program.*

CHILD-SIZE SERVINGS

Examples: Milk – ½ cup
Juice – ¼ - ½ cup
Bread – ½ - 1 slice
Meat or alternate – 1 – 1-1/2 slices

Food sold in cans which are soldered with lead
solder can contain lead and should be avoided;
for example, evaporated milk, canned sodas,
canned fruits, canned fruit juices.



Diet Hints for Lead Poisoning



**Chester County Health Department
Government Services Center
601 Westtown Road, Suite 180
West Chester, PA 19380-0990
610/344-6252**

<http://www.chesco.org/health>

Planning a Nutritious Diet

Milk & Dairy products protect the body against lead.

- Serve at least 3, but no more than 4 cups of milk a day.
- Use regular milk or 2% milk for ages 1-2 years
- Over 2 years use 1% or skim.



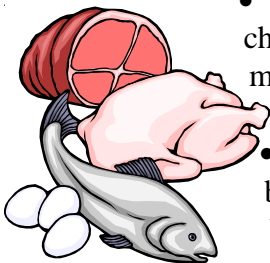
After opening a can, remove the food or juice and store in a plastic or glass container.

- Some cans still contain lead seams; once opened the lead can enter the food.

Milk & Dairy products protect the body against lead.

Use less fat in cooking.

- Too much fat in the diet is not good and fat helps the body take in lead.
- Avoid deep fat fried foods.



- Remove the skin from chicken and the fat from meats.
- Use less oil, butter, fat back, lard, salt pork, and bacon in your cooking.

Your Child's Health

Your child needs a nutritious diet for health and growth. A good diet is very important especially when your child has undergone treatment for lead poisoning.

Serve lean meats, chicken, fish, liver, and cheese twice a day.

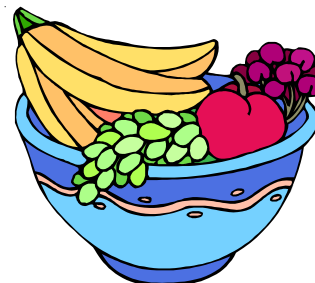
Lean meat, liver, and eggs contain iron. Iron protects the body against lead.



Save chocolates, pastries, cream filled cakes, potato chips, and ice cream for birthdays, holidays or as a special treat.



These foods contain a lot of fat, and as you already know, fat helps the body to absorb lead.



The food that your child eats can affect the amount of lead taken into your child's body and into his blood. Fats and oils will increase the amount of lead in your child's blood. Avoid fats such as butter, lard, oil, and foods high in fat such as bacon, sausages, potato chips, scrapple and all other fried foods.

Foods that are good sources of iron and calcium will decrease the amount of lead in your child's blood.

INCLUDE FOODS HIGH IN IRON

such as:

- Pork, Beef, or Calf Liver
- Lean Meat
- Tuna Fish Packed in Water
- Cooked Dried Beans
- Peas, Nuts, and Seeds



INCLUDE FOODS HIGH IN CALCIUM

such as:

Milk, Yogurt, Cheese, Cottage Cheese, Ice Milk

