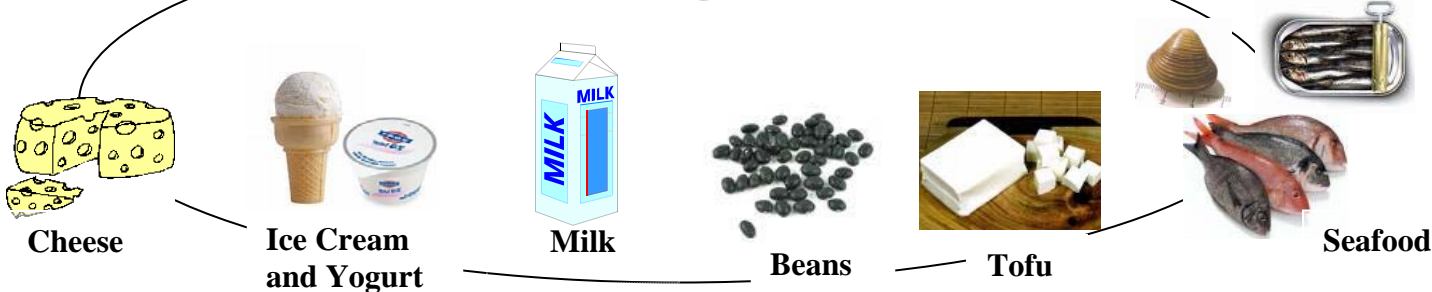


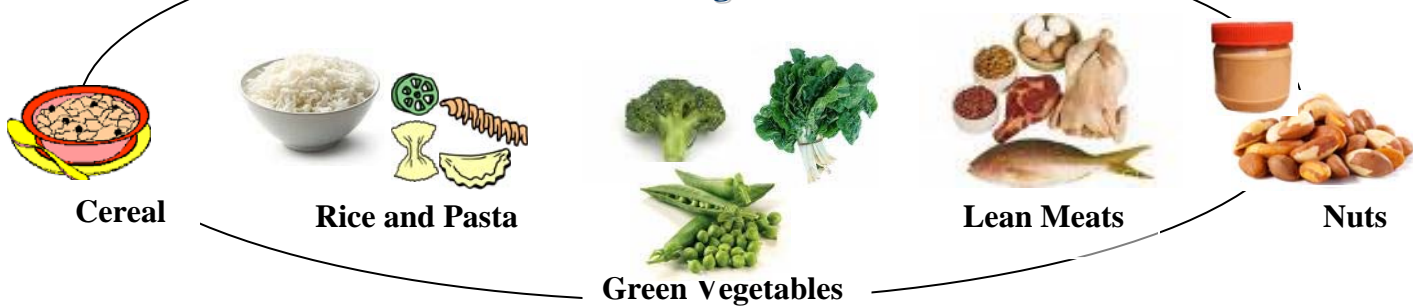
Foods That Help Prevent Lead Poisoning

Great News! What your child *eats* can help prevent lead poisoning!
Plan a healthy diet for your child ...

Serve foods high in Calcium



Eat foods high in Iron



Try these foods high in Vitamin C to help your child use Calcium and Iron



Always wash your hands before eating

Only cook with cold tap water

Let tap water run one minute before using

Store food in plastic, glass or stainless steel

Super Snack Ideas



Get the Lead Out Menu

Breakfast	High iron cereal Low fat milk Orange juice Sliced banana or fruit
Snack	Medium apple Peanut butter
Lunch	Mini cheese pizza Fruit juice
Snack	Yogurt topped with dry cereal
Dinner	Baked or broiled chicken Medium baked potato Greens Whole wheat bun

Use dried fruits on hot cereals, pancakes and pudding



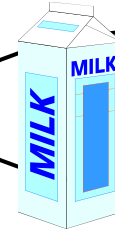
Add beans and peas to salads and pasta



Sprinkle cheese on potatoes, soup and pasta

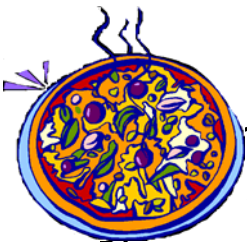


Make hot cereal and soup with milk



Super Snack Ideas

Let your child help make meals and snacks!



Mini Pizzas
Put chopped vegetables on sliced bread. Add cheese and melt in oven.

Peanut Butter Faces
Spread peanut butter on graham crackers. Decorate with raisins or dried fruit.



Yogurt Sundaes
Top your favorite flavor with dried cereal or fruit. Yummy!

