

- ❖ Most children who eat a well balanced diet, or who are on formula, do not need to take vitamin and mineral supplements. Check with your doctor **before** giving your child supplements.
- ❖ Other helpful hints:
 - ☆ Wash all fresh fruits and vegetables before eating.
 - ☆ Wash your child's hands and face before eating, they may have lead dust on them.
 - ☆ Use cold water from the tap for cooking, drinking and formula making. Check for lead advisories in your city.
 - ☆ Avoid using imported spices, food flavorings or colorings not purchased in the United States. They may be contaminated with lead.
 - ☆ Throw away food that falls on the floor. Your child will drop less food if she/he eats at the table.
 - ☆ Do not store leftovers in a can.

FOOD TIPS TO
Help protect
YOUR child FROM
Lead poisoning



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The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.



Lead poisoning can cause serious health and learning problems in children. Good nutrition can help protect your child from lead poisoning.

These tips can help reduce the amount of lead that gets into your child's blood:

♥ Provide 3 meals a day plus snacks. Offer a variety of foods.

♥ Limit food high in fat:

- ✧ Bake or broil food - avoid frying
- ✧ Trim fat from meat
- ✧ Use low-fat milk products for children over 2 years of age
- ✧ Choose low fat snacks like graham crackers, pretzels and fruit

♥ Provide iron rich foods such as:

- ✧ Cereal fortified with iron
- ✧ Dried cooked peas and beans
- ✧ Eggs, lean meat, chicken, turkey & fish
- ✧ Dark green leafy vegetables



♥ Provide a vitamin C-rich food or drink at each meal. This will help iron absorption. Good sources include:

- ✧ Citrus fruits such as oranges, and orange juice
- ✧ Juices enriched with vitamin C
- ✧ Strawberries, cantaloupe and kiwi fruit
- ✧ Bell peppers, tomatoes, broccoli
- ✧ Greens, baked potatoes



♥ Provide calcium rich foods such as:

- ✧ Milk, yogurt and cheese
- ✧ Collard greens, kale
- ✧ Food made with milk, such as pudding
- ✧ Calcium fortified orange juice*



♥ Sample Menu

| | |
|------------------|---|
| Breakfast | Cereal (iron fortified) with low-fat milk ⁺ Orange juice |
| Snack | Reduced fat peanut butter on toast Apple juice enriched with vitamin C, or water |
| Lunch | Tuna salad sandwich (use tuna packed in water) Peas Fresh strawberries Low-fat milk |
| Snack | Soft fruit slices with yogurt dip Low-fat crackers Water |
| Dinner | Spaghetti with meat sauce (made from lean ground beef) Cooked broccoli Bread with margarine Low-fat milk |
| Snack | Graham crackers Low-fat milk |



Limit juice to 2 servings per day for children under 4 years old (1 serving equals 2 to 4 ounces).

+ Provide whole milk for ages 1 to 2.

Suggested serving sizes - ages 1-2: 1/2 cup; ages 4-6: 3/4 cup.