



Too much lead in a child's body can cause serious health and learning problems. Eat foods high in iron, vitamin C, and calcium to help protect against lead poisoning.

# Healthy!

## To Prevent Lead Poisoning

### IRON

High blood lead levels reduces the iron in your blood cells. Low iron may cause iron deficiency anemia. Each day, give your child high iron foods such as red meat, fish, poultry, iron-enriched cereals, and spinach. The iron found in animal products is easier for your body to use than the iron found in plant foods. Adding foods that are high in vitamin C will also help your body use the iron found in plant foods. Eat foods with high vitamin C with high iron plant foods at the same meal. Be sure to trim off the extra fat from the meat before cooking.



#### High Iron Animal Products:

- Ground beef
- Beef - top sirloin
- Beef - chuck, blade roast
- Beef - ribs
- Beef - bottom round
- Organ meats (liver, giblets)
- Sardines
- Shrimp - canned
- Lamb - shoulder
- Duck meat
- Clams
- Cooked oysters

#### High Iron Plant Foods: (Eat these with high vitamin C foods.)

- Fortified dry cereals
- Fortified instant cooked cereals
- Soybeans
- Pumpkin and squash seed kernels
- White beans - canned
- Blackstrap molasses
- Lentils
- Spinach
- Kidney beans
- Chickpeas
- Black eyed peas
- Potatoes
- Prune juice
- Cowpeas
- Tomato puree
- Lima beans
- Green soybeans
- Navy beans
- Refried beans
- Tomato paste
- Iron fortified infant formula
- Tofu
- Swiss chard
- Turnip greens

### Montgomery Health Department

also serving the boroughs of Hopewell - Pennington - Rocky Hill

(908) 359-8211

