

WHY IS LEAD DANGEROUS?

Lead is a metal that is bad for our bodies. **Lead is especially harmful for young children.** This is because they are still growing and developing.

Exposure to lead in young children can cause:

- Damage to the brain and nervous system
- Slowed growth and development
- Learning and behavior problems
- Hearing and speech problems

Children that have been exposed to lead usually do not look or act sick. **You can only tell they have been exposed to lead if they get a blood lead test.**



All children should get a blood lead test before the age of 6.

Ask your doctor about giving your child a blood lead test.



LEARN MORE:

www.vdh.virginia.gov/leadsafe/

VDH VIRGINIA
DEPARTMENT
OF HEALTH

NUTRITION & LEAD

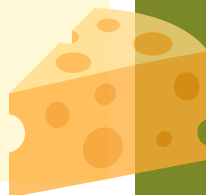
How a healthy diet can keep your little ones safe from the harmful effects of lead

THE GOOD NEWS IS...

Nutrition is one way to help protect children from the harmful effects of lead.

A nutritious diet full of **calcium**, **iron**, and **vitamin c** can prevent lead from being absorbed in the body.

Breastfeeding also gives your baby lots of very important nutrients.



WHAT TO AVOID:

There are some things you can avoid that will help keep your family safe from lead:

1. **Avoid** storing food in lead-glazed pottery or ceramic dishes
2. **Avoid** washing and preparing food with lead contaminated water
3. **Avoid** eating food grown in lead contaminated soil

Sources of Calcium

- Milk and yogurt
- Cheese
- Tofu
- Dark, leafy vegetables like kale and spinach

Sources of Iron

- Lean red meats
- Legumes (beans and lentils)
- Tofu
- Whole grains
- Fish, chicken, turkey

Sources of Vitamin C

- Citrus fruits (oranges, grapefruits, lemons, limes)
- Kiwis and melons
- Broccoli and brussel sprouts
- Berries

Always wash your hands and your children's hands before eating.

