

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 at risk for lead exposure should get a blood lead test before the age of 6.

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

NUTRITION & LEAD

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

LEARN MORE:

www.vdh.virginia.gov/leadsafe/

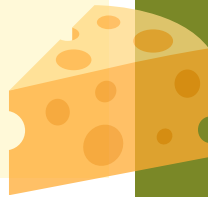
VDH VIRGINIA
DEPARTMENT
OF HEALTH

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.

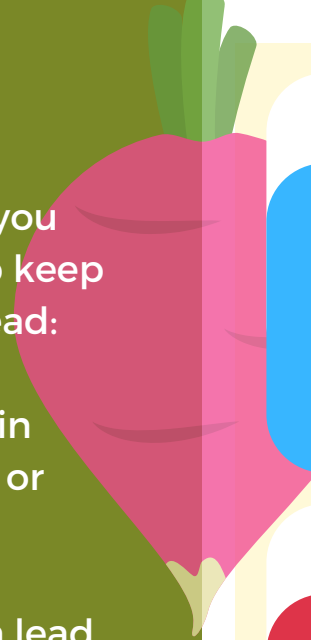
Breastfeeding also gives your baby lots of very important nutrients.



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.

