



Foods that Fight Lead Poisoning



Vitamin C

Iron

Calcium

likes to eat:



1. _____
2. _____
3. _____
4. _____
5. _____

1. _____
2. _____
3. _____
4. _____
5. _____

1. _____
2. _____
3. _____
4. _____
5. _____



Draw an "X" for each serving _____ eats every day.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



If you have any questions, please call:

Allen County Department of Health
 1 E. Main St., 5th Floor
 Fort Wayne, IN 46802
 (260) 449-7561

Eating healthy foods will help protect your children from lead poisoning. It will also give them strong bones and healthy bodies. Put healthy snacks on your grocery list and stock up!

