



Foods that Fight Lead Poisoning



The right foods can help prevent lead from being absorbed into the body. Your child needs to eat foods with vitamin C, iron and calcium.

Always have your children wash their hands to wash off any lead dust before eating, taking a nap or going to bed.

Vitamin C

Vitamin C helps the body make muscles, skin, tissues, bones and blood vessels. Serve foods with vitamin C at the same time with foods with iron to help the body use iron better. Foods high in vitamin C are:

Vegetables

Broccoli, Cauliflower, Cabbage
Tomatoes, Green Peas
Brussels Sprouts, Sweet Red Peppers
White and Sweet Potatoes
Dark, green, leafy vegetables such as
Kale, Collard Greens, Turnip Greens and
Mustard Greens

Fruits

Cantaloupes, Strawberries
Tomato Juice
Oranges and Orange Juice
Grapefruits and Grapefruit Juice
Fruit Juices with added vitamin C

Iron

Iron is used by the body to make red blood cells. Iron helps prevent lead from being absorbed into the body. Foods with iron should be served with foods that have vitamin C. Iron is found in the following foods:

Meat and Seafood

Beef, Veal, Pork and Lamb
Chicken
Liver, Heart and Kidneys
Clams, Shrimp, Oysters and Scallops
Sardines

Beans (canned, fresh or dried)

Lentils, Dried Green Peas
Lima, Navy, Pinto, Kidney Beans
Garbanzo Beans

Vegetables

Dark, leafy greens such as Spinach, Kale,
Mustard, Collard Greens and Dandelion
Greens

Fruits

Raisins
Dried Peaches and Apricots
Prunes, Prune Juice and Cooked Prunes

Other

Eggs, Molasses, Peanut Butter
Cereal with iron added

Calcium

Calcium helps the bones and teeth to form and grow. It is needed to make the blood clot, to help the body grow and to help the body use vitamins. Foods rich in calcium are:

Milk and Dairy Products

Yogurt, Ice Milk and Ice Cream
Frozen Yogurt and Yogurt Drinks
Milk: Whole, Skim and Low Fat
Buttermilk, Evaporated Milk and Dried Milk
All kinds of cheeses, cottage cheese and
cheese spreads

Seafood

Oysters, Sardines
Canned Salmon (with bones)

Vegetables

Dark, leafy greens such as Kale, Broccoli,
Spinach, Turnip Greens and Collard
Greens

Remember to choose foods low in fat because fat helps the body take in lead.

Avoid frying foods; instead, bake, boil or broil the food. Reduce the amount of oil, butter, lard, salad dressing and mayonnaise when you prepare food. Limit food with fat, such as potato chips, cake, cookies, doughnuts, pies and other snacks. Instead, give your children fruit snacks, such as raisins and oranges.