



# HELPFUL TIPS

## 1 Foods to Encourage

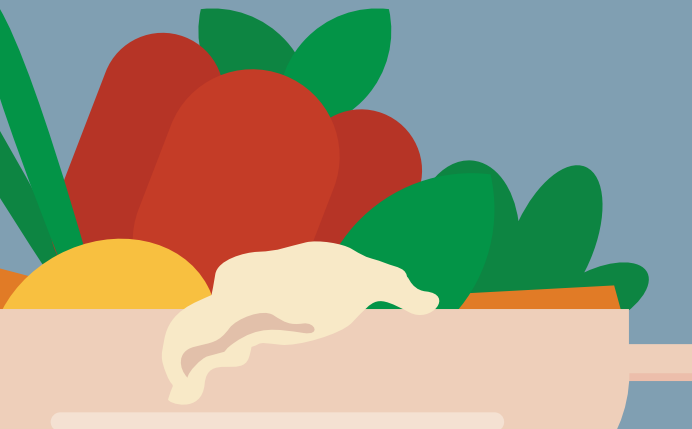
Offer foods that contain iron, calcium, vitamin C and protein. These foods will help the body absorb less lead.

## 2 Foods to Limit

Try to limit foods that are high in fat. Fatty foods hold on to the lead in the body.

## 3 Wash Hands

Wash your child's hands before preparing, handling or eating food.



### Learn more about preventing lead poisoning

Scan the QR Code



Waukesha County Public Health  
262-896-8430



Waukesha County HHS



@WaukeshaCoHHS



Waukesha County Health and Human Services



Nextdoor Waukesha County Health and Human Services

Waukesha County Public Health is a division of



514 Riverview Ave. Waukesha, WI 53188. Phone: (262) 548-7212

12-2023 (100)



# Eating Right, Staying Bright:

# Keep Lead Away with Healthy Food!

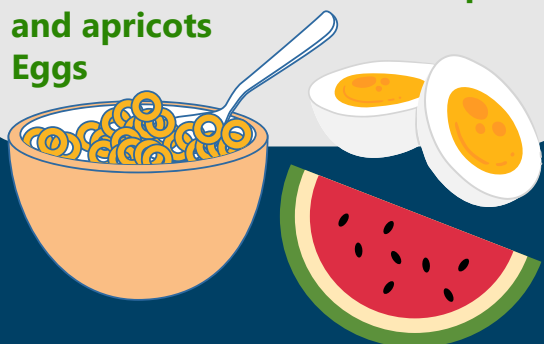


**Public Health**  
Prevent. Promote. Protect.

Waukesha County Public Health

## GOOD SOURCES OF IRON

- Lean red meat, chicken, liver, fish
- Dried beans, peas or lentils
- Leafy green vegetables, such as broccoli and spinach
- Fortified cereals and breads
- Peanuts, sunflower seeds
- Dried fruits, such as raisins, prunes and apricots
- Eggs



## GOOD SOURCES OF VITAMIN C

- Citrus fruits and juices
- Bell peppers, tomatoes, raw cabbage, cauliflower, broccoli and greens
- Potatoes with skins and sweet potatoes
- Strawberries, watermelon, cantaloupe



## GOOD SOURCES OF CALCIUM

- Milk, cheese, yogurt, pudding
- Leafy green vegetables, such as kale, collard greens, turnip greens
- Tofu
- Peanuts
- Salmon and sardines
- Choose calcium sources that have low or reduced fat

## HIGH FAT FOODS TO LIMIT

- Fried foods, such as French fries or potato chips
- Sausage, bacon, bologna
- Margarine, butter, shortening, lard or cooking oil
- Cakes, pies, pancakes

Contact your health care provider or local WIC agency to learn more



## MAKE IT FUN

Mix fruits and vegetables into a smoothie or popsicle!

