

# Get WELL FED

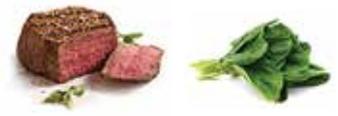


Exposure to lead can cause serious health concerns.

Even at low levels, lead is extremely harmful to infants, children and women of child-bearing age.

## What you eat can help protect your family against lead!

Feed your family a healthy, balanced diet that contains good sources of iron, vitamin C and calcium.

IRON	VITAMIN C	CALCIUM
		
<ul style="list-style-type: none"><li>• Red Meat • Fish • Beans</li><li>• Lentil • Iron-fortified Cereals</li><li>• Spinach</li></ul>	<ul style="list-style-type: none"><li>• Oranges • Berries • Tomatoes</li><li>• Bell Peppers</li><li>• Dark, Leafy Greens</li></ul>	<ul style="list-style-type: none"><li>• Milk • Yogurt • Cheese</li><li>• Kale • Turnip Greens</li><li>• Calcium-fortified Juices</li></ul>

### What should you know?

- More lead is absorbed on an empty stomach. Infants and children absorb 5 to 10 times more lead on an empty stomach than adults.
- Exposure to lead is harmful to childhood development and can cause permanent behavioral and learning problems, a lower IQ, slowed growth and hyperactivity.
- Good sources of iron, vitamin C and calcium may lessen the absorption of lead into your body.

### What can you do?

- Offer and feed your family regular, healthy meals and snacks to reduce lead absorption.
- Participate in free federal nutrition programs, such as WIC, Summer Meals, Farmers Market Vouchers, FoodShare (SNAP) and many others.
- Wash ALL fruits and vegetables thoroughly with cold water for 1 minute or until all dirt and dust is removed.
- When preparing food, always wash and cook with safe water.

Visit [GetWellFed.org](https://www.getwellfed.org) for more information.

Well Fed Means Less Lead | [GetWellFed.org](https://www.getwellfed.org) | **THE NUTRITION & LEAD TASK FORCE**