

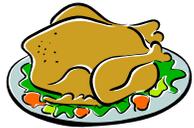
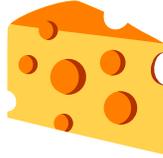
Nutrition for Lead Prevention

Lead poisoning is one of the most common health problems for children and is completely preventable. Increased lead in the body can create problems for anyone but children are most at risk.

FOODS WITH CALCIUM, IRON AND VITAMIN C PROTECT THE BODY AGAINST LEAD

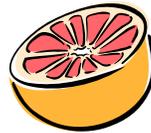
CALCIUM SOURCES

Milk, cheese, yogurt, salmon (with bones left in), cottage cheese, sardines, spinach, greens (collards, mustard, kale), broccoli, dried beans or peas, lentils, ice cream, ice milk



IRON SOURCES

Liver, cereals, beef, pork, ham, turkey, chicken, spinach, greens (collards, mustard, kale), dried beans or peas, lentils, whole grain bread



VITAMIN C SOURCES

Fruit juices, orange, grapefruit, cantaloupe, strawberries, green pepper, broccoli, tomatoes, greens (collards, mustard, kale), sweet potatoes, potatoes, cabbage

CHOOSE **LOWFAT** FOODS FOR CHILDREN **OVER THE AGE OF TWO** AND ADULTS. **FATS** FROM FOODS MAKE IT EASIER FOR THE BODY TO TAKE IN LEAD. TO DECREASE ABSORPTION OF LEAD IN THE BODY:

- Eat lowfat or nonfat dairy foods, lean red meat, poultry, fish, dried beans and peas.
- Trim fat from meat and remove skin from poultry before cooking.
- Avoid fried foods - - bake, broil, or boil instead.
- Use less oil, butter, lard, salad dressing and mayonnaise.
- Limit foods with fat, such as potato chips, cakes, cookies, doughnuts, pies and other snacks.
- Provide regular meals for children since an empty stomach absorbs more lead.

REMEMBER: ALWAYS WASH YOUR HANDS AND YOUR CHILD'S HANDS BEFORE EATING TO WASH OFF ANY LEAD DUST.

Lead Poisoning

All children are at risk for lead poisoning. High levels of lead can be found in the following parts of the body:

Brain Bones Blood Kidney

High levels of lead can affect these important parts of the body and can also damage the body systems that help us use foods.

Lead poisoning impairs learning and can create behavior problems in infants and young children. Growth can also be slowed down by lead poisoning.

SYMPTOMS OF LEAD POISONING

EARLY SYMPTOMS

1. Headache
2. Weakness
3. Vomiting
4. Irritability
5. Tiredness
6. Stomach ache
7. Sleeplessness
8. Loss of appetite
9. Weight loss

LATER SYMPTOMS

1. Dizziness
2. Pains in joints
3. Staggering
4. Vague abdominal pain
5. Convulsions
6. Paralysis
7. Blindness
8. Loss of control of body movement or motion
9. Very high levels can cause a coma, even death

MANY PEOPLE HAVE NO SYMPTOMS!!

Children's symptoms may be mistaken for other childhood complaints. If you have concerns about your child or yourself, please see your doctor.



Where you find lead:



- ▶ colored inks in Sunday comics, comic books, magazine advertisements
- ▶ lead based paint on: doors, windows, baseboards, front porches
- ▶ lead in water due to lead in the pipes (run cold water 2-3 minutes before using)
- ▶ dirt in the yard or park
- ▶ lead solder on copper pipes
- ▶ grass or plants near street
- ▶ some imported ceramic food containers
- ▶ painted wood (don't burn in fireplace)
- ▶ lead water pipes
- ▶ house dust (wash with warm water containing powdered dishwasher detergent)
- ▶ car batteries
- ▶ metal objects - - - fishing weights, curtain weights, some keys, some toy cars
- ▶ unwashed fresh vegetables – due to lead in the dirt where the vegetables are grown
- ▶ dust on non-glossy, vinyl, imported mini blinds manufactured and/or purchased prior to June 1996

Infants and young children place many objects in their mouth. These objects can be covered with lead dust. Pacifiers and toys should be washed frequently to remove lead dust. Wash your hands and your child's hands often to wash away lead dust.

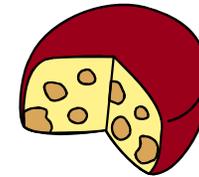
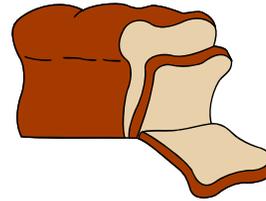
If you have other questions about lead poisoning prevention contact the Childhood Lead Poisoning Prevention Program at (502) 564-2154.



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Adapted from a Northern Kentucky District pamphlet, "Lead Poisoning Diet".



Lead Poisoning Diet

How does lead
harm the body?

