

Put the Lid on Lead

For more information contact:

Your Local Health Department

Kentucky Childhood Lead Poisoning Prevention Program:
(502) 564-2154 or visit our Web site: www.putthelidonlead.org

National Lead Information Center: (800) 424-5323

Environmental Protection Agency Web site:
www.epa.gov/lead

Cabinet for Health and Family Services Web site:
www.chfs.ky.gov/dph/lead

Adapted from the EPA pamphlet "Fight Lead Poisoning with a Healthy Diet." EPA-747-F-01-004,
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Childhood Lead Poisoning Prevention Program

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Prevent Lead Poisoning: Eat Healthy



Foods you eat can help prevent lead poisoning

Eat foods high in calcium

Eat foods high in iron

Eat foods high in vitamin C



Lead Poisoning

Lead can cause problems for anyone but children and unborn babies are most at risk. Children with lead poisoning can have many problems. Lead causes harm to a child's brain, kidneys and other organs that can result in:

- Difficulty learning
- Behavioral problems
- Growth problems
- Hearing problems
- Hyperactivity
- Kidney damage



Lead poisoning occurs without any obvious symptoms and harms your child's body.

Where is lead found?

Lead is found in many different places. Some of those places are:

- Lead-Based Paint — Homes built before 1978 contain lead-based paint. Lead-based paint is harmful if it is peeling or chipping. It is also harmful to children if it is on a surface, like a window sill, that a child might chew on.
- Contaminated soil — Caused from peeling or chipping lead-based paint on the outside of a home. The paint falls into the soil. Soil near roadways can also be contaminated from leaded gasoline used before 1978.
- Lead water pipes or water pipes soldered with lead.
- Colored inks in comic books.
- Some imported pottery, ceramic dishes and leaded crystal.
- Metal objects like fishing sinkers, keys, jewelry and toy cars.
- Mini blinds purchased before 1996.
- Unwashed fresh vegetables. Wash vegetables before eating.
- Car batteries.
- Painted wood (do not burn in fireplace, or allow children to chew on.)
- House dust (clean with warm water and soap as often as possible.)
- Folk remedies (such as azarcon and pay-loo-ah.)
- Cosmetics (such as kohl and kajal.)

More Recipes

Grilled Cheese and Tomato Sandwich

- 2 Slices of bread
- 2 Slices of American Cheese
- 1 Slice of tomato
- Vegetable Oil

Steps:

- Make sandwich using bread, cheese and tomato.
- Lightly coat pan with vegetable oil.
- Brown sandwich on both sides over low heat until cheese is melted.
- Serve with low-fat milk or fruit juice.



Pizza Bagels

- 1 bagel
- 2 tablespoons of tomato sauce
- Garlic, basil or oregano
- 2 tablespoons of cheddar cheese or part-skim mozzarella

Steps:

- Preheat oven to 400 degrees
- Slice a bagel in half and place on a flat pan
- Add tomato sauce, seasonings and cheese
- Bake for 3 minutes or until cheese melts.

Sloppy Joes

- 1 pound of lean ground beef, turkey or chicken
- 1 small onion, chopped
- 1/2 green pepper, chopped
- 1 cup of tomato sauce
- Your choice of seasonings
- 5 hamburger buns or pita pocket breads

Steps:

- In a pan, cook lean ground meat, onion and green pepper until meat is well done
- Drain fat
- Stir in tomato sauce and seasonings
- Cook for 5 to 10 minutes
- Spoon into hamburger bun or pita
- Serve with fruit juice

More Recipes

French Toast

3 eggs beaten
1/2 cup of low-fat milk
Vegetable oil
6 slices of bread
Cinnamon
2 bananas, sliced

Steps:

- Mix eggs and milk
- Lightly coat pan with vegetable oil. Use medium heat.
- Dip bread into egg mixture, so that bread is covered
- Brown one side of bread in pan
- Sprinkle top with cinnamon.
- Turn bread over and brown the other side. Top with sliced banana.
- Serve with low-fat milk.



Chicken Stew

3 pounds of frying chicken, cut into small pieces
Vegetable oil
1 medium onion, chopped
1 stalk of celery, chopped
28-ounce can of stewed tomatoes
Poultry Seasoning

Steps:

1. Lightly coat pot with vegetable oil. Use medium heat.
2. Cook chicken until it is well done.
3. Add can of stewed tomatoes.
4. Add vegetables and seasoning.
5. Cover and cook over low heat for 30 minutes.
6. Serve with rice or noodles.

Banana Strawberry Smoothie

1 cup of low-fat milk
1 cup of fresh or frozen strawberries, mashed
1 ripe banana, mashed

Steps:

- Mix all together in a blender or use a wire whisk.
- Eat as a snack or for desert.

Kids Need to Eat Healthy Foods

Children with empty stomachs absorb more lead than children with full stomachs. All children should eat four to six small meals every day.

Healthy Foods

Foods with calcium, iron and vitamin C and low-fat foods help protect the body from lead poisoning.

CALCIUM SOURCES

- Milk
- Yogurt
- Cheese
- Green, leafy vegetables (spinach, kale and collard greens)

Calcium reduces lead absorption and helps keep teeth and bones strong.



IRON SOURCES

- Lean red meats
 - Fish and chicken
 - Iron-fortified cereals
 - Dried fruits (raisins and prunes)
- Normal iron levels help protect a child's body from harmful effects of lead.

VITAMIN C SOURCES

- Oranges
- Orange juice
- Grapefruits
- Grapefruit juice
- Tomatoes
- Tomato juice
- Green peppers

Vitamin-C and iron-rich foods work together to reduce lead absorption.



Ideas for Healthy Meals and Snacks

Breakfast

Oatmeal Swirlers
Sliced Banana
Orange Juice
- or -
Cheese Omelet
Applesauce
Low-Fat Milk
- or -
French Toast
Orange Sections
Low-fat Milk



Lunch

Grilled Cheese and Tomato
Coleslaw
Low-fat Milk
-or -
Tuna Salad Sandwich
Cranberry Juice
Pear Slices
-or -
Pizza Bagel
100 percent Fruit Juice
Fresh or Canned Peaches
Low-fat Milk

Dinner

Sloppy Joes
Watermelon
Low-fat Milk
-or -
Macaroni and Cheese
Stewed Tomatoes
Melon Slice
-or -
Chicken Stew
Rice
Strawberries

Between Meal Snacks

Cereal with low-fat milk, whole wheat crackers with cheese, apple or pear slices, oranges or bananas, raisins, yogurt, frozen fruit juice pops, and fruit smoothies.



Healthy Recipes

Oatmeal Swirlers

1 1/2 cups of quick cooking oats
1/3 cup of peanut butter
1/3 cup of fruit jelly or jam

Steps:

- Follow the package directions to cook oats.
- Spoon peanut butter and jelly on top of cooked oatmeal.
- Stir and spoon into bowls.
- Serve with low-fat milk.

Tuna Salad Sandwich

4 slices of bread
1 can of water-packed tuna
4 teaspoons of low-fat mayonnaise
Onion and celery, chopped

Steps:

- Mix tuna with low-fat mayonnaise, onion and celery
- May apply cheese and tomato if desired
- Serve with low-fat milk

Cheese Omelet

3 eggs
1 tablespoon of low-fat milk
Vegetable oil
3 tablespoons of cheese

Steps:

- Mix eggs and milk in a bowl
- Lightly coat pan with vegetable oil. Use medium heat.
- Add egg mixture and cook.
- When omelet is cooked on the bottom, add cheese.
- When cheese is melted, fold omelet in half.
- Top with salsa if you like.
- Serve with toast, fruit and low-fat milk.

