

GOOD NUTRITION HELPS YOUR FAMILY TO



Iron – Normal levels of iron work to protect the body from the harmful effects of lead. Good sources of dietary iron include –



Whole Grain Breads and Cereals



Beans and Peas



Fish



Chicken/Turkey



Eggs



Lean Beef/Pork



Dark Green Vegetables

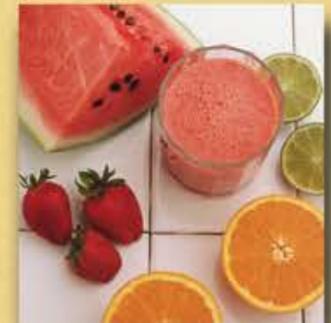
Calcium – Calcium reduces lead absorption and also helps make teeth and bones strong. Good sources of dietary calcium include –



**Milk/Milk Products
(Aim for Lower Fat Sources)**



Yogurt



Fortified Juices



Pizza



Spinach



Cream Soups



Cheese

For more information, contact your doctor or local health department.