



Food Tips to help protect your child from lead poisoning, for ages 1 to 6 years

HEALTHY EATING CAN HELP PROTECT YOUR CHILD FROM LEAD POISONING

Any person can become lead poisoned, but children younger than 6 years old are at a higher risk. Lead is a poison that can harm the brain, kidneys, and other organs, especially in children. Even a small amount of lead in a child's body can impact their development, making it hard for them to learn, pay attention, and behave.

Most children who have lead poisoning do not look or act obviously sick. The only way to know if your child has lead poisoning is to have your doctor give your child a blood test for lead. At risk children should be tested at 1 and 2 years old for lead poisoning. Also, at risk children should be tested if they are between the ages of 1 and 6 years and have not been tested for lead before.

Who's at risk?

Children under 6 years old and fetuses are at greatest risk of harmful health effects from lead poisoning.

Children who live or spend significant amount of time in pre-1978 housing or buildings with paint in poor condition or undergoing renovation may be

exposed. Also, children in publicly supported programs such as Medi-Cal, CHDP and Women, Infant and Children (WIC) are at greater risk.

Children exposed to lead contaminated dust or soil.

Healthy meals and snacks can help protect your child. It's harder for lead to get into your child's blood when your child eats:

Protein (seafood, lean meat, poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds)

Vegetables (fresh, frozen or canned vegetables; serve a variety of colors, like dark green, red, orange, yellow and purple)

Fruits (fresh, frozen or canned fruits; limit 100% juice without added sugar)

Grains (whole grains, whole wheat bread, oatmeal, popcorn, quinoa, brown or wild rice)

Dairy (low-fat dairy, such as milk, yogurt, cheese, soymilk, or nut milks without added sugars)

Limited foods with added sugars (candy, granola bars, soda sugary breakfast cereals and sweet treats) and added fats (fried foods, fast foods, chips, pork rinds)

Remember: younger children need smaller serving sizes and should eat healthy meals and snacks at least every 3-4 hours.

To help your child keep a healthy weight, serve healthy snacks such veggie sticks, with salsa or hummus, sliced fruit or plain, low-fat yogurt.

For more information, contact the Solano County Childhood Lead Poisoning Prevention Program at (707) 784-8070.

