Exposed to lead? Your diet can help.

Did you know that a healthy diet and safe food preparation can help reduce lead absorption? You can help reduce lead absorption in your body with three simple steps:

1. **Eat foods rich in iron, calcium and vitamin C.**
2. **Keep your stomach full** by eating 4-6 small meals a day. Your body absorbs lead faster when your stomach is empty.
3. **Cook and wash** your food with safe water.

**Eat these foods to limit lead absorption:**

**IRON**
Helps block lead from being absorbed.

- Red meats
- Poultry
- Seafood
- Beans
- Iron-fortified cereals
- Dark leafy greens

**CALCIUM**
Helps the body absorb less lead.

- Low-fat milk and milk products, including cheese and yogurt
- Broccoli
- Dark leafy greens
- Calcium-fortified orange juice
- Canned fish

**VITAMIN C**
Helps absorb iron.

- Citrus fruits (oranges, grapefruit)
- Berries
- Broccoli
- Dark leafy greens
- Bell peppers
- Tomatoes
WHY IS LEAD HARMFUL?

Lead is toxic to humans. It blocks important vitamins and minerals that you need to grow and function properly. It’s especially bad for pregnant women, and children 6 and under. Children absorb lead in higher amounts, which can cause learning, behavior and developmental problems.

LEAD SOURCES

- Lead-based paint and toys
- Lead-contaminated dust and soil
- Living in a home built before 1978
- Storing food in lead-glazed dishware
- Contaminated drinking water

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