



## Healthy foods can help



### Each day kids need:

#### 3 to 4 servings of foods high in iron

Beef, pork, turkey, chicken, fish, eggs, iron-fortified cereals, dried beans and peas, peanut butter, tofu, and leafy greens like collards, chard, kale, and mustard.

#### 3 to 4 servings of foods high in vitamin C

Oranges, WIC fruit juice, peppers, tomatoes, strawberries, kiwi, grapefruit, cantaloupe, broccoli, Brussels sprouts, and cauliflower.



#### 3 to 4 servings of foods high in calcium

Milk, yogurt, cheese, canned fish with bones, leafy greens like collards, spinach, or turnips, ice cream and foods with added calcium like juice, soy or rice milk, or tofu.

**Make sure the food texture is right for your child.**

**Most kids with lead poisoning do not look or act sick.** A blood test for lead is the only way to know if your child has lead poisoning. Ask your doctor about testing your child's blood for lead.



# Lead is a poison Keep your child safe



IC#910150



For the nearest WIC office, call toll free: 1-888-WIC-WORKS (1-888-942-9675)

WIC is an equal opportunity program.  
Developed by WIC Supplemental Nutrition Branch

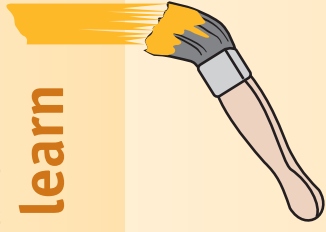
California Department of Health Services  
Arnold Schwarzenegger, Governor, State of California  
S. Kimberly Belshé, Secretary, Health and Human Services  
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## Lead poisoning hurts kids' brains

## Lead poisoning makes it hard for kids to learn



### Lead can be found in:

- Chipped or peeling paint in homes built before 1978
- Some pots and dishes made outside the USA
- Dust and dirt
- Places where
  - paint is disturbed
  - homes or buildings are remodeled
  - scrap metal is recycled
  - ceramics are made
  - solder, fishing weights, or bullets are used
- Some home remedies like white or bright colored powders
- Some imported candies, such as those in small clay pots or made from tamarind fruit

### Lead can get into kids when they:

- Eat things with lead in them
- Put unwashed hands and toys in their mouths
- Breathe in house dust



## How can I keep my child safe from lead poisoning?

### Keep hands and face clean

- Wash hands and face before eating and after playing
- Keep fingernails clean and short

### Keep your home clean

- Wet mop or wet wipe window frames, windowsills and floors
- Get rid of paint chips

### Keep your child's things clean

- Lead dust can get on anything that falls on the floor
- Wash the bottle or pacifier when it falls on the floor
- Wash toys and stuffed animals

### Keep playtime safe

- Don't let kids eat dirt or paint chips
- Don't let kids chew on windowsills or anything painted

### If you work with lead, before you come home

- Wash or shower
- Change clothes and shoes

### Keep food in glass or plastic containers

- Pottery and cans may have lead in them

### Offer your child healthy foods

- Offer 3 meals and 2 to 3 snacks each day
- Give food with iron, calcium and vitamin C
- Well-fed tummies take in less lead

