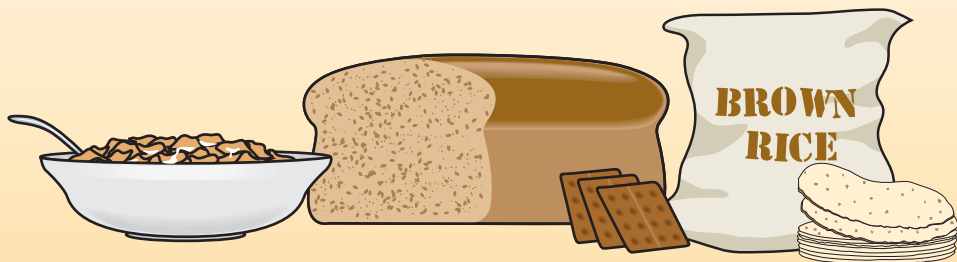


Well fed = Less lead

**Children 1-6 years old
are at risk for lead poisoning.
Help protect them with a healthy diet.**



**Whole grain foods, like whole-wheat bread,
cereals with iron, and corn tortillas
6 servings every day**

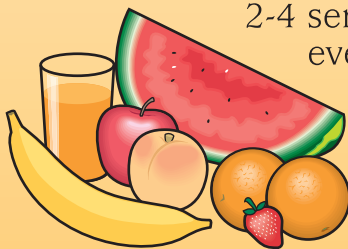
Vegetables

**3-5 servings
every day**



Fruits

**2-4 servings
every day**



Dairy foods, like milk*, cheese, and yogurt

**3-4 servings
every day**



Low-fat meat, fish, chicken, beans, eggs

**2-3 servings
every day**



* After age 2, give children low-fat milk, cheese, and yogurt

For more information call your local
Childhood Lead Poisoning Prevention
Program or check on-line at:
www.dhs.ca.gov/childlead



These meals and snacks have iron, calcium, and vitamin C in them. They will help protect your child from lead.

Breakfast	
Cereal with iron Milk Whole-wheat toast Orange juice	Refried beans Tortillas Huevos Rancheros (eggs) Milk or cheese
Snack	
Banana Yogurt	Applesauce Milk
Lunch	
Turkey sandwich Spinach salad Orange slices	Corn tortilla Refried beans Carne asada Lettuce, tomatoes, and cheese
Snack	
Graham crackers Milk	Cheese Whole grain crackers Fruit juice
Dinner	
Beef with broccoli Brown rice Cantaloupe Milk	Beans and brown rice Chicken Vegetable soup Tortillas Melon

Your doctor can tell you which foods are right for your child.

Go with low-fat, healthy foods!

Instead of:	Choose low-fat:
Hot dog	Turkey sandwich
French fries	Crackers
Donuts	Graham crackers
Ice cream	Yogurt
Potato Chips	Baked corn chips
Chocolate chip cookie	Animal crackers
Candy*	Fruit

*** Your child can get lead from eating candy. Lead is in some candy from other countries, especially Mexico.**