

Lead Poisoning Prevention

Overview

Lead is a heavy metal that the body can't use. Lead poisoning happens when the body holds too much lead. Even small amounts of lead can cause growth and developmental problems for your children. Large amounts of lead can cause damage to the brain, nervous system, kidneys and bones. Lead poisoning CAN be prevented!

Where does it come from?

- Dirt and dust inside and outside of homes
- Children's dusty hands and their toys
- Chipping and peeling old paint
- Water that runs through old pipes
- Contaminated soil
- Dust and pesticides on food

Eat foods low in fat and high in vitamin C, iron and calcium

Fatty foods can cause your child's body to hold on to high amounts of lead. Dietitians recommend eating foods from this list to protect your body against lead absorption:

- Baked, broiled or steamed food
- Low fat milk
- Lean meats
- Fruits and vegetables high in vitamin C
- Foods high in iron
- Foods high in calcium

Tips to keep lead away from food

- Wash your hands before touching any food
- Wash all counters and tables before preparing food
- Rinse all fresh fruit and vegetables under cool, running water before eating or cooking
- Eat at a table, not on the floor or ground where lead dust is more likely to be