

HEALTHY EATING & DRINKING TIPS:

If you find out your child has an Elevated Blood Lead Level (BLL), good nutrition and healthy eating practices can help protect them from lead poisoning.

Here are some tips:

- Wash and cook food & prepare baby formula with cold, filtered water
- Eat solid meals and small, healthy snacks throughout the day
- Avoid fast food and fatty foods (potato chips, fried foods, bacon)
- Avoid fruit juice, soda, and other sugary drinks



Recipes Your Child Will Love!

- Omelet with peppers and tomatoes
- Breakfast burrito with beans and eggs
 - Yogurt-berry parfait
- Black bean quesadillas & salsa
 - Tofu lettuce wraps
- Spinach & strawberry salad
 - Homemade pizza
 - Veggie burgers
- Broccoli mac & cheese
- Hummus and veggies
 - Ants on a log
- Fruit smoothie with yogurt

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THE HEALTHCARE
FOUNDATION OF NJ
founded by the Jewish community



Healthy Eating for Lead



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CALCIUM

Calcium keeps lead out of bones



Milk, cheese, yogurt, broccoli, kale, collard greens, tofu, eggs, canned salmon & sardines, calcium-enriched orange juice

Vitamin D helps you absorb calcium:



Tuna, mackerel, salmon, egg yolk, cheese, beef liver, fortified cereals

IRON

Eat foods high in iron to keep lead from getting in the blood.



Beans, tofu, chicken, fish, lean red meat, spinach, kale, collard greens, iron-fortified cereal & bread & pasta, dried fruit

VITAMIN C

Foods high in **vitamin C** helps you absorb iron. Eat these foods with foods high in iron:



Tomatoes, citrus like oranges & grapefruit, strawberries, peppers, kiwi, & melons

