



# A Healthy Diet To Fight **LEAD**



## What is lead?

Lead is a metal naturally found in the soil, air, and water and is harmful to our bodies. Too much lead to learning, memory, and behavioral problems. It can harm a child's brain, kidneys, and other organs. Good nutrition is one way to protect children from lead exposure.

Eat a well-balanced diet with foods rich in these nutrients:

- Calcium
- Iron
- Magnesium
- Zinc
- Vitamin C
- Vitamin D

## **IRON**

Iron is a mineral that your body needs for growth and development. Your body uses it to make red blood cells. It helps your cells get the oxygen they need.



Iron and lead look the same to your body. They compete for absorption in the gut and uptake in the body. Getting enough iron can help to prevent lead absorption.

### **Foods High in Iron**

1 serving of fortified cereal	10 - 18 mg
1 packet of instant oatmeal	7.8 mg
1 cup of spinach	6.4 mg
½ cup of lentils	3.3 mg
1 cup of green peas	2.5 mg
3 oz of beef	2.5 mg
½ cup of chickpeas	2.4 mg
1 egg	0.84 mg

**Bonus tip!**

Serve these foods with fruit or orange juice, which are high in vitamin C, to help your body use the iron!

<b>How much iron do you need?</b>	
1 - 3 years	7 mg/day
4 - 8 years	10 mg/day

Did you know that certain foods help your body use iron, while others prevent it?

### Vitamin C really helps your body use iron!

<b>How much vitamin C do you need?</b>		<b>Foods high in vitamin C</b>	
1 - 3 years	15 mg/day	8 oz of orange juice	100 - 125 mg
4 - 8 years	25 mg/day	1 orange	83 mg
		1 kiwi	56 mg
		½ cup of cooked broccoli	51 mg
		1 lemon	45 mg
		1 cup of raw kale	23 mg
		1 strawberry	7 mg

### Foods that decrease the absorption of iron...

#### **Calcium**

- Calcium stops the body from taking all the iron in that it needs from foods.
- So, try eating foods rich in calcium and iron at different times of the day.
- If you take an iron supplement, avoid taking it with dairy. Take it with fruit juice instead!

#### **Phytates**

- Phytates are in legumes, grains, nuts, and seeds. They stop the body from taking in iron.
- When these foods are in bread or fermented, the amount of phytates in them goes down.
- Eat these foods with other foods that have a lot of vitamin C to help your body take in all the iron it needs.

# CALCIUM



Calcium is a mineral that our body needs to build strong bones. It is also very important for our muscles, heart, and brain.

Lead looks a lot like calcium! It can sneak into parts of the body that calcium usually goes to, like the brain and bones.



## How much calcium do you need?

1 - 3 years	700 mg/day
4 - 8 years	1000 mg/day

## Foods High in Calcium

8 oz of almond milk	442 mg
8 oz of milk (2%)	307 mg
8 oz of soy milk	301 mg
½ cup of yogurt	220 - 250 mg
¼ cup of tofu	217 mg
½ cup of cooked spinach	123 mg
½ cup of cooked kale	89 mg
½ oz of cheese	40 - 160 mg

# CALCIUM



vitamin D



magnesium

The body needs vitamin D and magnesium to use calcium.

## Foods high in magnesium

Leafy greens, nuts, seeds, beans, and whole grains.

## Foods High in Vitamin D

3 oz salmon	380 - 570 IU
3 oz light tuna	231 IU
8 oz soy milk	119 IU
1 cup plain yogurt	116 IU
8 oz milk (2%)	107 IU
8 oz almond milk	107 IU
8 oz orange juice	100 IU

## How much vitamin D do you need?

1 - 8 years	600 IU/day
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## Did you know?

Eating fruits and veggies stops you from peeing out calcium. On the other hand, too much protein or sodium can make you pee out more calcium.

# ZINC



Like calcium and iron, the body has trouble telling the difference between zinc and lead. The effect of zinc on lead levels in the body is not as strong though. A diet with enough zinc is very important. But, it is not necessary for children with lead poisoning to take zinc supplements.

## Foods High in Zinc

Meat, beans, nuts, seeds, whole grains, breakfast cereals, and dairy products are all good sources of zinc.

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