

SOUTH DAKOTA DEPARTMENT OF HEALTH

FIGHT LEAD WITH NUTRITION



Calcium sources keep your bones strong and can help reduce lead absorption. Sources of calcium include milk and milk products, like cheese and yogurt. Other sources include leafy green vegetables (spinach, kale, and collard greens), and tofu. Canned salmon and sardines (with bones in) are also good sources of calcium.



Vitamin C sources are important for skin and bone health. Together, with iron, it may also help reduce lead absorption. Vitamin C is found in many fruits and vegetables. Sources of vitamin C include citrus fruit, like oranges and grapefruit, and their juices. Tomatoes and tomato juice are also great sources. Veggies such as peppers, broccoli, potatoes, brussels sprouts, and fruit like peaches, strawberries, pears, watermelon, and more contain sources of vitamin C.



Iron sources can make it harder for lead to be absorbed in the body. Sources of iron include lean red meats, fish, and chicken. Other foods include iron-fortified cereals, pasta, and breads. Dried fruit (raisins, prunes), leafy green vegetables (spinach, kale, and collard greens), and peas, beans, and lentils are also good sources of iron.

For more information:

The National Lead Information Center Call 1-800-424-LEAD (424-5323) to learn how to protect children from lead poisoning and for other information on lead hazards or visit www.epa.gov/lead.

The foods we prepare and serve to our families can help limit lead absorption. Make sure your children eat **healthy, low-fat foods high in iron, calcium, and vitamin C.**

Choose a range of **nutrient-dense foods** for overall health and help make sure you have enough iron, calcium, and vitamin C in your body.

Childhood Lead Poisoning Prevention Program

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