

Reduce the Effects of Lead

Lead can harm children's growth, behavior and ability to learn, and can affect them for life. Lead can also be a problem for adults, especially pregnant women and their babies. However, it is difficult for lead to be absorbed when there is nutritious food in the body.

Eat a variety of these nutritious foods

CALCIUM



Dairy and soy products



Sweet potatoes



Dried fruits



Calcium fortified orange juice

IRON



Rice



Eggs



Peanut butter



Lean meat, fish and seafood



Whole grain bread and cereal

VITAMIN C



Fruits and vegetables



CALCIUM AND IRON



Dark green vegetables



Soy products



Beans, peas and lentils



Almonds



Canned sardines, salmon, clams, crab, fresh perch and halibut

Where is lead found?

- Construction material, including paint chips and dust
- Imported cosmetics, jewelry, foods, and medicines
- Contaminated air, water, and soil
- Jobs in home renovations or auto repair
- Some crafts and hobbies (e.g., hunting/shooting/fishing).

Children may not look or act sick, but a blood test could show that they have high lead levels.

Learn more about how you can protect your family from lead at <https://healthandwelfare.idaho.gov/health-wellness/environmental-health/lead> or contact your WIC clinic for a local referral.

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