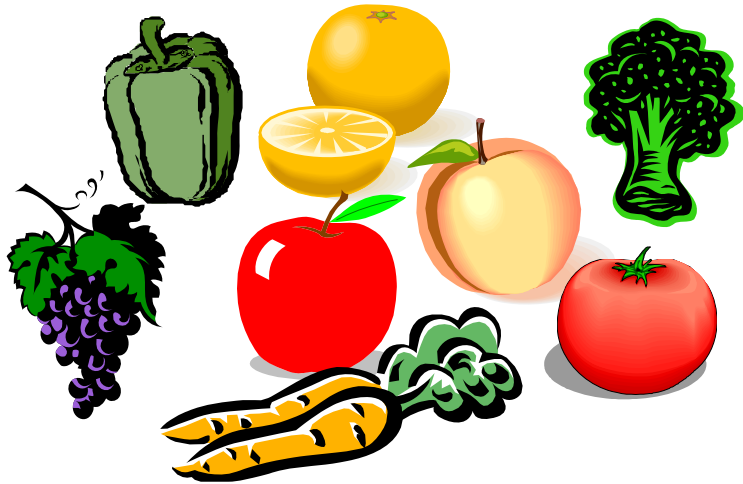


LEAD POISONING: DIETARY TIPS

FOODS RICH IN VITAMINS:

Fresh fruits and vegetables



FOODS RICH IN CALCIUM:

Limit dairy to 24 ounces/day



6 oz. yogurt may be substituted for 8 oz. milk



2% milk if over 2 years of age



AVOID . . .

fatty foods
fried foods
sweets

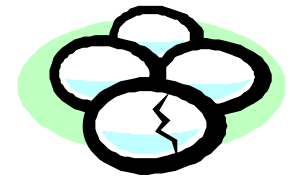


FOODS RICH IN IRON & PROTEIN:



Peanut butter

(no peanuts if <3 years old)

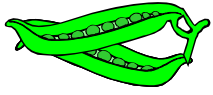


dark greens




lean meat





10 STEPS YOU CAN TAKE TO PROTECT YOUR CHILD FROM LEAD POISONING

DO A HOME SURVEY

1. Check for loose paint and plaster. Do not forget closets, behind beds, and outside. Have a professional make most repairs. Children and pregnant women must leave the home while repairs are being made.
2. Remove paint chips and dust from inside windows and window sills.
-  3. Keep your home dust-free. Use doormats. Damp mop, damp dust, and vacuum at least once a week.
4. Remove painted toys if they were made outside of the USA. Remove old painted furniture.
5. Run the water from the faucet at least two minutes before drinking it in the morning and if you have been away from home all day. Never use water from the hot water faucet for cooking or making baby formula.
6. Cover the dirt in your yard with grass, ground cover, or shrubs with wood chips underneath them.



HELP YOUR CHILD AVOID LEAD



7. Feed your child three meals every day on a regular schedule. Children need foods with calcium (milk, yogurt), iron (green leafy vegetables), and protein (lean meat, fish, poultry). Stay away from fried and fatty foods. A proper diet helps protect your child from lead poisoning.
8. Teach your child not to put things in her or his mouth.



9. Wash your child's hands before each meal or snack. Clean toys and pacifiers often.



DO NOT BRING LEAD INTO YOUR HOUSE

10. If you or other family members work where there is lead, change your work clothes and shoes at the workplace. If possible, shower before going home. Wash work clothes separately. If you have a hobby that uses lead, follow the same precautions. DO NOT do the hobby at home.



In addition to these home safety measures, every child under the age of six should be screened for lead poisoning at least once a year. For more information, see your family doctor or call the Ionia County Health Department at (616) 527-5341.