



For more information:

The National Lead Information Center
1-800-434-LEAD (424-5323)

U.S. Environmental Protection Agency's (EPA)

Safe Drinking Water Hotline
1-800-426-4791
www.epa.gov/lead

U.S. Centers for Disease Control and Prevention (CDC)
www.cdc.gov/lead/

U.S. Department of Housing and Urban Development (HUD)
www.hud.gov/offices/lead



Schoharie County Department of Health

PO Box 667
276 Main Street
Schoharie, New York 12157-0667

Phone: 518-295-8365
Fax: 518-295-8427
E-mail: health@co.schoharie.ny.us
<http://www.schohariecounty-ny.gov/CountyWebSite/Health/healthhome.jsp>

**Protect
Your Kids
Eat Healthy**



Telephone: 518-295-8365

Children with lead poisoning usually do not look or act sick. The only way to know if your child has lead poisoning is by getting a blood test. Ask your doctor or health care provider to test your child under six years of age at least once a year. To help fight lead poisoning, feed you and your child a



Meal & Snack Ideas



Breakfast

Oatmeal
Sliced Banana
Orange Juice

-or-

Cheese omelet
Applesauce
Low-fat milk

-or-

French toast
Orange sections
Low-fat milk

Lunch

Grilled Cheese
Coleslaw & tomato
Low-fat milk

-or-

Pear slices
Tuna salad sandwich
Cranberry juice

-or-

Pizza bagel
100% fruit juice
Fresh/canned peaches

Dinner

Sloppy joes
Watermelon
Low-fat milk

-or-

Macaroni & Cheese
Stewed tomatoes
Melon slice

-or-

Chicken stew
Strawberries
Rice

Ages 1-2

Servings for Toddlers

Milk/Dairy

16-20 ounces of milk per day

1/2-3/4 ounce cheese = 4 ounces milk

1/4 cup yogurt = 2 ounces milk

Fruits & Vegetables

5 or more servings per day

Serving size is 1-2 tablespoons

Grains

3-4 servings per day

1 serving equals:

1/2 slice bread

1/4 cup pasta

2-3 saltine crackers

Protein (non-dairy)

2 servings per day

1 serving equals:

1/2 egg



Regularly Eat Healthy Foods

Children with empty stomachs absorb more lead than children with full stomachs. Provide your child with four to six small meals during the day. The following nutrients help protect your child from lead poisoning:

Iron-Rich Foods

Normal levels of iron work to protect the body from the harmful effects of lead. Iron helps carry red blood cells throughout the body, which carry oxygen. Good sources for dietary iron include:

- Lean red meats, fish, & chicken
- Iron-fortified cereals
- Dried fruits (raisins, prunes) & dried beans
- Egg yolks

Calcium-Rich Food

Calcium reduces lead absorption & also helps make teeth and bones strong. It is used for cell growth and maintenance in the body. Good sources of calcium include:

- Green leafy vegetables (spinach, kale, collard greens)
- Cheese
- yogurt

Vitamin C-Rich Foods

Vitamin C and iron-rich foods work together to reduce lead absorption. It is required for tissue growth, it helps to heal wounds, and repair cartilage, bones, & teeth. Good sources of Vitamin C include:

- Oranges
- Grapefruits
- Strawberries- broccoli
- Mangos
- Cauliflower
- Pineapple
- Watermelon
- green pepers
- winter squash
- tomatoes



Ages 2-6

Servings for Children

Milk/Dairy

16-20 ounces of milk per day

1/2-3/4 ounce cheese = 4 ounces milk

1/4 cup yogurt = 2 ounces milk

Vegetables

3 servings per day

1 Serving equals:

1/2 cup chopped/raw vegetables

1/2 cup raw or leafy vegetables

Fruits

2 servings per day

1 Serving equals:

1 piece of fruit or melon wedge

3/4 cup of 100% fruit juice

1/2 cup canned fruit

1/4 cup dried fruit

Grains

6 servings per day

1 serving equals:

1 slice bread

1/2 cup cooked cereal

1/2 cup cooked rice or pasta

1 ounce dry cereal

Protein (non-dairy)

2 servings per day

1 serving equals:

1 egg

1/2cup cooked dry beans