

WHAT YOU SHOULD KNOW ABOUT LEAD AND NUTRITION...

LEAD FACTS

There is **no safe level** of lead in your body. Lead isn't good for anyone's health and is especially bad for small children. Children can absorb 4 to 5 times more lead than adults. And, lead is absorbed faster on an empty stomach. Keep your family lead-safe by avoiding contact with it. Remember that you and your children can be exposed to lead from a variety of sources such as paint, dust, dirt, reloading or casting bullets, folk medicines, home remedies, fishing sinkers, water, jewelry making, plumbing, make-up and toys.



NUTRITION FACTS

You May be Able to Prevent Lead from Getting into Your Child's Body (*Absorption*) by Following the Healthy Nutrition Guidelines Listed Below...

Foods prepared and served to young children may prevent lead absorption. Following the 3 steps listed below may make a difference!

1. When preparing food, be sure to wash and cook it with filtered water.
2. Serve your children small, healthy snacks between meals.
3. Serve foods that are high in iron, calcium and Vitamin C.



IRON

Iron may help reduce the absorption of lead in the body.

Food sources of iron include:

- Lean red meats, fish and chicken
- Spinach, kale and collard greens
- Iron-fortified cereal, bread and pasta
- Dried fruit, such as raisins and prunes
- Beans

**Anemia may develop with lead poisoning, so ask your pediatrician if your child needs to be screened for anemia.*



CALCIUM

Calcium keeps bones strong and may help reduce the absorption of lead in the body.

Food sources of calcium include:

- Milk and milk products like cheese and yogurt
- Spinach, kale and collard greens
- Tofu



VITAMIN C

Vitamin C works with iron and may help reduce the absorption of lead in the body.

Food sources of vitamin C include:

- Citrus fruits like oranges and grapefruit
- Tomatoes and tomato juice
- Peppers
- Other fruits like kiwi, strawberries and melons



RESOURCES

Utah Department of Health/Environmental Epidemiology Program
<http://health.utah.gov/epi/enviroepi>

Utah Department of Environmental Quality
<http://www.deq.utah.gov/ProgramsServices/programs/air/lead/index.htm>

Centers for Disease Control and Prevention
<http://www.cdc.gov/nceh/lead>

Office of Healthy Homes and Lead Hazard Control (HUD)
<http://www.hud.gov/offices/lead/index.cfm>

Environmental Protection Agency (EPA)
<http://www.epa.gov/lead>

Consumer Product Safety Commission (lead recalls in consumer products)
<http://www.cpsc.gov>



UTAH'S LOCAL HEALTH DEPARTMENTS

Bear River Health Department
(Cache, Box Elder & Rich Counties)
Phone: (435) 792-6500 Fax: (435) 792-6495

Central Utah Public Health Department
(Juab, Millard, Piute, Sanpete, Sevier & Wayne Counties)
Phone: (435) 896-5451 Fax: (435) 896-4353

Davis County Health Department
Phone: (801) 525-5000 Fax: (801) 525-5151

Salt Lake County Health Department
Phone: (385) 468-4100 Fax: (385) 468-4106

San Juan County Health Department
Phone: (435) 678-2723 Fax: (435) 678-3309

Southeast Public Health Department
(Carbon, Emery & Grand Counties)
Phone: (435) 637-3671 Fax: (435) 637-1933

Southwest Public Health Department
(Beaver, Garfield, Iron, Kane & Washington Counties)
Phone: (435) 673-3528 Fax: (435) 628-6425

Summit County Health Department
Phone: (435) 333-1500 Fax: (435) 333-1580

Tooele County Health Department
Phone: (435) 277-2440 Fax: (435) 277-2444

Tri-County Health Department
(Uintah, Duchesne & Daggett Counties)
Phone: (435) 247-1177 Fax: (435) 781-0537

Utah County Health Department
Phone: (801) 851-7000 Fax: (801) 851-7009

Wasatch County Health Department
Phone: (435) 654-2700 Fax: (435) 654-2705

Weber/Morgan Health Department
Phone: (801) 399-7100 Fax: (801) 399-7110