HEALTHY EATING & DRINKING TIPS:

If you find out your child has an Elevated Blood Lead Level (BLL), good nutrition and healthy eating practices can help protect them from lead poisoning.

Here are some tips:

• Wash and cook food & prepare baby formula with cold, filtered water
• Eat solid meals and small, healthy snacks throughout the day
• Avoid fast food and fatty foods (potato chips, fried foods, bacon)
• Avoid fruit juice, soda, and other sugary drinks

Recipes Your Child Will Love!

• Omelet with peppers and tomatoes
• Breakfast burrito with beans and eggs
  • Yogurt-berry parfait
• Black bean quesadillas & salsa
  • Tofu lettuce wraps
• Spinach & strawberry salad
  • Homemade pizza
  • Veggie burgers
• Broccoli mac & cheese
• Hummus and veggies
  • Ants on a log
• Fruit smoothie with yogurt

Greater Newark Conservancy
32 Prince Street
Newark, NJ 07103

Phone: 973-642-4646
Website: http://citybloom.org
**CALCIUM**

Calcium keeps lead out of bones

Milk, cheese, yogurt, broccoli, kale, collard greens, tofu, eggs, canned salmon & sardines, calcium-enriched orange juice

Vitamin D helps you absorb calcium:

Tuna, mackerel, salmon, egg yolk, cheese, beef liver, fortified cereals

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**IRON**

Eat foods high in iron to keep lead from getting in the blood.

Beans, tofu, chicken, fish, lean red meat, spinach, kale, collard greens, iron-fortified cereal & bread & pasta, dried fruit

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**VITAMIN C**

Foods high in vitamin C helps you absorb iron. Eat these foods with foods high in iron:

Tomatoes, citrus like oranges & grapefruit, strawberries, peppers, kiwi, & melons