

Eat a Variety of Nutritious Foods to Help Reduce the Effects of Lead

Calcium

Makes it hard for lead to enter the body



Dried fruits



Sweet potatoes



Dairy products

Vitamin C

Helps the body absorb calcium and iron better



Fruits



Peppers



Tomatoes



Potatoes

Iron

Protects against harmful effects of lead



Peanut butter



Lean meats, fish, and seafood



Whole grain breads and cereals



Eggs

Some foods are good sources of calcium and iron



Soy products



Almonds



Beans, peas, and lentils



Dark green vegetables

Learn more about how you can protect your family from lead at www.health.ny.gov/lead or contact your local health department.