



## Nutrition Makes A Difference

- Serve three meals and two or three healthy snacks every day.
  - Less lead is absorbed when a child's stomach is full.
- Use cold tap water for drinking and cooking.
  - Cold tap water can contain less lead than hot water.
  - Let tap water run for two minutes before using.
  - Prepare infant formula with cold water.

## Serve Foods High in Iron, Vitamin C and Calcium

### Foods High in Vitamin C

- Serve with Every Meal
  - Fruits: Oranges, Orange Juice, Grapefruit, Grapefruit Juice, Vitamin C-fortified Juices, Strawberries, Kiwi Fruit, Cantaloupe
  - Vegetables: Tomatoes, Tomato Juice, Green Pepper, Collards, Turnip Greens, Brussels Sprouts, Cabbage, Broccoli, Cauliflower

### Foods High in Iron

- 3 to 4 Servings a Day
  - Grains: Iron-fortified Cereals, Whole Grain and Enriched Bread
  - Nuts and Legumes: Nuts, Peanut Butter, Dried Beans, Peas, Baked Beans and Refried Beans
  - Meat, Poultry and Fish: Beef, Pork, Veal, Deer, Poultry, Eggs, Canned Tuna, Canned Sardines, Clams, Oysters, Shrimp, Kidney, Heart, Gizzards and Liver
  - Fruit and Vegetables: Dried Peaches, Apricots, Pears, Spinach, Raisins, Prunes, Prune Juice, Lima Beans, Sweet Potato, Peas, and Skin from Baked Potato

### Foods High in Calcium

- 3 to 4 Servings a Day
  - Dairy: Milk, Yogurt, Cheese, Frozen Yogurt, Ice Cream
  - Foods made with Milk: Puddings, Cream Soups, Pancakes, Oatmeal
  - Green leafy vegetables: Collards, Spinach, Broccoli
  - Other: Canned Salmon with soft bones

**For more information, call the  
Division of Children's Health  
(803) 898-0767**



South Carolina Department of Health  
and Environmental Control

[www.scdhec.gov/lead](http://www.scdhec.gov/lead)

Division of Children's Health

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# Look Out For Lead

## Finding Hidden Dangers in Your Home



# You Can Prevent Lead Poisoning in Young Children

Lead poisoning can be fatal. Do all you can to protect your child.

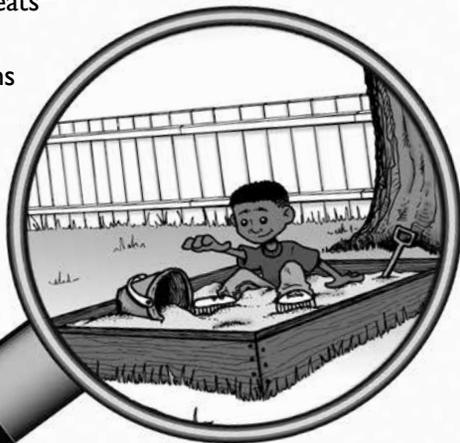
## What are the sources of lead?

- Lead-based paint
- Dust and soil
- Some vinyl miniblinds
- Some glazed pottery
- Car batteries
- Lead fishing weights
- Cosmetics such as Surma or Kohl
- Material for refinishing furniture
- Stained glass solder
- Water pipes with lead solder
- Lead ammunition for hunting
- Traditional medicines such as Greta, Azarcon and Pay-loo-ah

## How does lead get into my child's body?

Lead can enter the body when a person:

- Chews or eats something that contains lead; or
- Breathes dust that contains lead.



## What can I do to prevent lead poisoning?

- **Wash hands and faces often, especially before eating and after playing.**
  - Keep fingernails clean and trimmed.
- **Reduce lead sources in your home.**
  - Clean up paint chips and dust.
  - Look for “Lead Safe” or “No Lead Added” labels before buying vinyl miniblinds.
  - Don’t vacuum paint chips or dust. Wet wipe or wet mop dusty windows and floors.
- **Keep playtime safe.**
  - Let children play in grass-covered areas or a cleansandbox.
  - Wash toys and stuffed animals often.
  - Don’t let your child eat dirt or paint chips.
  - Don’t let your child put toys or small objects in his or her mouth.
  - Don’t let your child play with batteries or items used in hobbies such as stained glass or furniture refinishing.

- **Keep baby’s bottle and pacifier nipples clean.**
  - Wash the nipple whenever the bottle or pacifier falls onto the floor.
- **Store food in lead-free containers.**
  - Glass and plastic are safe containers for food storage.
  - Do not store food in open cans or ceramic dishes.
  - Do not store liquids in lead crystal.
- **Make an appointment with your doctor.**
- **Have your child tested for lead poisoning before age 2.**

