

## GIVE KEIKI:

### FOODS HIGH IN IRON:

Meat without fat, chicken, turkey, fish and liver

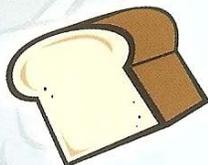
Cooked dried beans, chili, lima beans,  
black-eyed peas

Iron-fortified cereals and bread

Baked potato with skins

Greens and spinach

Raisins



### FOODS HIGH IN CALCIUM:

Milk, cheese, yogurt

Ice milk

Hot chocolate, pudding

Broccoli and tofu

Sardines



### FOODS HIGH IN VITAMIN C:

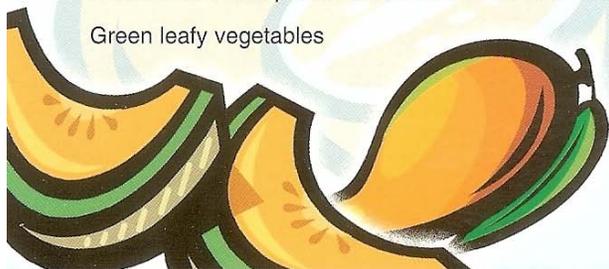
Oranges, tomatoes, tangerines, strawberries,  
cantaloupe & mangoes

Juices – orange, grapefruit,  
guava

Tomatoes & cabbage

Potatoes & sweet potatoes baked in their skins

Green leafy vegetables



Stay up-to-date on current recalls by  
visiting the Consumer Product Safety  
Commission at [www.cpsc.gov/](http://www.cpsc.gov/)

To learn more about preventing lead  
exposure, visit the Centers for Disease  
Control and Prevention at  
[www.cdc.gov/nceh/lead/](http://www.cdc.gov/nceh/lead/)

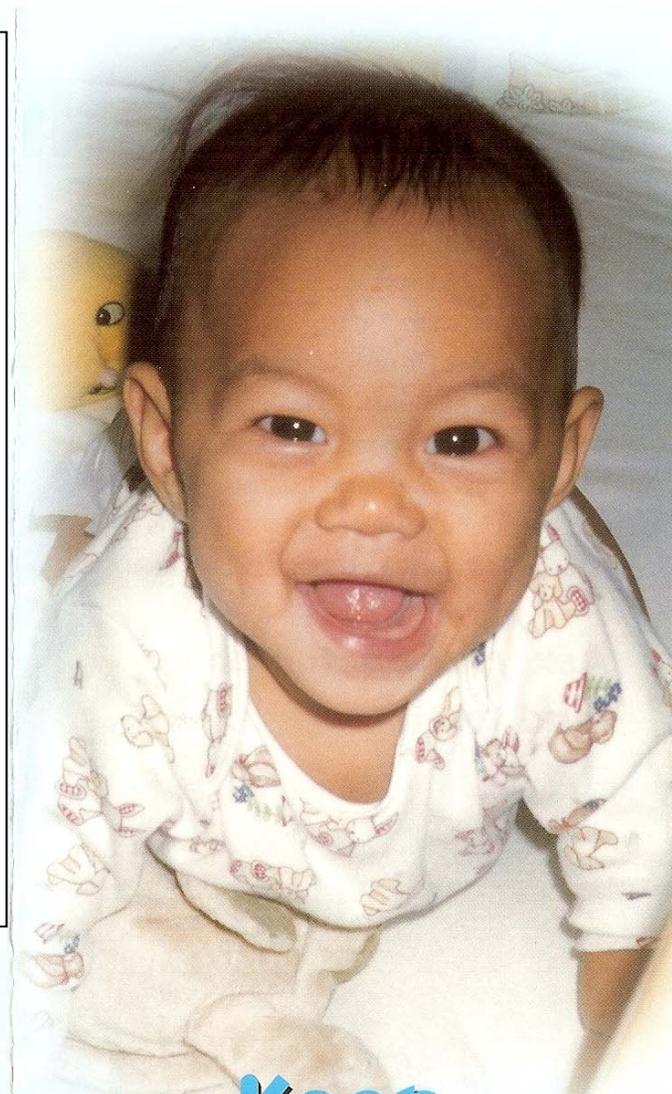
FOR MORE INFORMATION CALL

(808) 733-9069



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Officer at Box 3378, Honolulu, HI 96801-3378, or call this program, or  
call (808) 586-4616 (voice/TTY) within 180 days of a problem.

FCA 5/05 50M



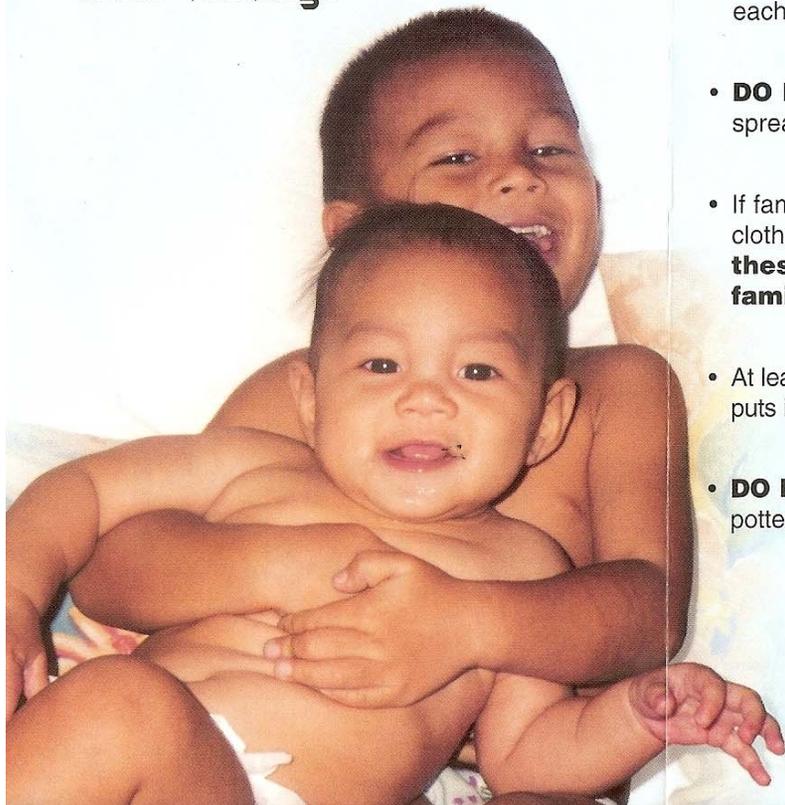
Keep  
Your Keiki  
LEAD-FREE

# LEAD POISONING IS PREVENTABLE!

**Lead poisoning is caused by eating or breathing in lead.** Lead may be in your

home's paint chips & dust, vinyl miniblinds, & ceramic dishes. **Keiki from 6 months to 6 years are at the greatest risk.** Keiki with lead poisoning may not show any symptoms but their brain may be affected, causing learning and behavior problems. A woman who is lead poisoned can pass lead to her unborn keiki.

**Ask your doctor about lead testing.**



## YOU CAN PREVENT LEAD POISONING...

- Keep your keiki's play and sleep areas free of paint chips by moving cribs and playpens away from these areas.
- Keep your keiki away from areas where home construction is going on.
- Wet-mop floor and wet-wipe windowsills and other areas using cleaners high in phosphates (like automatic dishwasher detergents). Throw away the sponges, paper towels and rags after each cleaning.
- **DO NOT** vacuum or dry sweep, since this will spread the dust more.
- If family members work with lead, keep their dirty clothes and shoes away from your keiki. **Wash these clothes separately from the family's laundry.**
- At least once a day, wash toys and pacifiers that keiki puts in their mouths.
- **DO NOT** store foods in open cans. Make sure that pottery, ceramic dishes and glasses are lead-free.
- Run your cold water for at least 30 seconds if the faucet has not been used for more than 6 hours. **DO NOT** cook, drink, or make baby's formula from the hot water tap.
- Wash your keiki's hands and face before he or she eats. Give your keiki regular meals, since more lead is absorbed on an empty stomach. Make sure to give keiki healthy foods with lots of iron, calcium, and vitamin C.
- **Limit these foods:** fried foods, butter, oil, French fries, potato chips, chicken and pork skin, bacon and sausages. (Foods high in fats and oils make it easier for keiki's body to absorb lead.)