

## Give Your Keiki a Healthy Diet

### FOODS HIGH IN IRON:

- Meat without fat, chicken, turkey, fish
- Cooked dried beans, lima beans
- Iron-fortified cereals and bread
- Cooked spinach
- Raisins

### FOODS HIGH IN CALCIUM:

- Milk, cheese, yogurt
- Ice milk
- Tofu
- Sardines



### FOODS HIGH IN VITAMIN C:

- Orange, tomato, tangerines, strawberry, cantaloupe & mango
- Juices – orange, grapefruit, guava
- Tomato, cabbage
- Potatoes and sweet potato baked in skin
- Green leafy vegetables
- Broccoli

### FOR MORE INFORMATION

Hawaii State Department of Health

#### Children with Special Health Needs Branch

General lead information

Phone (808) 733-9069

<http://health.hawaii.gov/cshcn/home/leadpp/>

#### Hazard Evaluation and Emergency Response Office

General lead information

Phone (808) 586-4249

#### Indoor and Radiological Health Branch

Home inspection and renovation  
related to lead-based paint

Phone (808) 586-5800

<http://health.hawaii.gov/irhb/lead/>

#### Other Resources

Childhood lead poisoning prevention

<http://www.cdc.gov/nceh/lead/default.htm>

Recalled toys and toy jewelry with lead

<http://www.cpsc.gov/>



The Hawaii State Department of Health provides access to activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write our Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378, or call (808)586-4616 (voice/TTY) within 180 days of a problem.

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# LEAD POISONING IS PREVENTABLE

## ***You can prevent Lead Poisoning ...***

**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.**

- ✓ Keep your keiki's play and sleep areas free of paint chips by moving cribs and playpens away from areas with peeling paint.
- ✓ At least once a day, wash toys and pacifiers that keiki puts in their mouths.
- ✓ Make sure that pottery, ceramic dishes and glasses are lead-free
- ✓ 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.**
- ✓ Keep your keiki away from areas where home construction is going on.



- ✓ 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.)