

Give Your Child a Diet with Foods High in:

IRON

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

CALCIUM

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



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/>

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.

October 2016





LEAD POISONING IS PREVENTABLE

Ask your doctor about lead testing

Things you can do to keep your child lead free...

Children with high lead levels may not show any symptoms but their brain development may be affected, causing learning and behavior problems.

Children from 6 months to 6 years are at the greatest risk.

High blood lead levels are caused by eating or breathing in lead. Lead may be in your home's paint chips & dust, toys, ceramic dishes.

A woman who has an elevated blood lead level can pass lead to her unborn baby.

- ✓ Keep your child'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 your child puts in his/her mouth.
 - ✓ 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 child. **Wash these clothes separately from the family's laundry.**
 - ✓ Keep your child away from home construction areas.
- ✓ 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 your child's formula from the hot water tap.
 - ✓ Wash your child's hands and face before he or she eats.
 - ✓ **Give your child regular meals and snacks, since more lead is absorbed on an empty stomach.** Make sure to give your child healthy foods with lots of iron, calcium and vitamin C.
 - ✓ **Limit foods that are high in fats to reduce the amount of lead absorbed by your child's body.** Limit these foods: fried foods, oil, butter, French fries, potato chips, chicken or pork skin, bacon, and sausages.

