

## GIVE FOODS HIGH IN CALCIUM, IRON, AND VITAMIN C

## FOR MORE INFORMATION



**Calcium reduces lead absorption and makes teeth and bones strong.**

### CALCIUM



- Milk, yogurt, cheese
- Tofu
- Sardines, salmon (canned with bones)

**Iron and vitamin C work together to reduce lead absorption.**

### IRON

- Lean beef, chicken, turkey, seafood
- Iron-fortified cereal and breads
- Dried beans and peas
- Soybeans
- Eggs



### VITAMIN C

- Jabong, oranges, grapefruit
- Papaya, pineapple, guava
- Kiwi, strawberries
- Sweet potatoes
- Tomatoes, broccoli, bell peppers
- Spinach, kale, and other green leafy vegetables



### AVOID THESE FOODS

- French fries, potato chips, chicken skin, pork skin, bacon, sausages, anything fried, or high in animal fat

### Hawaii Childhood Lead Poisoning Prevention Program

Hawaii State Department of Health  
[Lead.hawaii.gov](http://Lead.hawaii.gov)  
[doh.lead@doh.hawaii.gov](mailto:doh.lead@doh.hawaii.gov)  
808-733-9055

**Centers for Disease Control and Prevention**  
[Cdc.gov/nceh/lead](http://Cdc.gov/nceh/lead)

**Environmental Protection Agency**  
[Epa.gov/lead](http://Epa.gov/lead)

**Consumer Product Safety Commission**  
[Cpsc.gov](http://Cpsc.gov)

**Hawaii Poison Center**  
[Hipoisoncenter.org](http://Hipoisoncenter.org)  
1-800-222-1222



# KEEP YOUR KEIKI LEAD FREE

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

April 2019



Children exposed to lead may not show any symptoms, but their brain development can be affected, causing learning and behavior problems in school.

Babies, toddlers, and young children are at the greatest risk.

High blood lead levels are caused by eating or breathing in lead found in things like paint chips & dust, toys, soil, water, and ceramic dishes.

Lead can be in your home, neighbors' homes, or any place your child visits often.

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

# LEAD POISONING IS PREVENTABLE

## Ask your doctor about lead testing

### THINGS YOU CAN DO TODAY!

#### WASH YOUR CHILD'S HANDS

- ❑ Wash your child's hands and face before eating and after playing outside.

#### CLEAN OFTEN

- ❑ Take shoes and slippers off before going inside your home.
- ❑ Clean floors, carpet, rugs, and furniture with a HEPA vacuum.
- ❑ Remove dust on floors with a washable or disposable wet mop.
- ❑ Wipe down windowsills with soap and water.
- ❑ Throw away sponges, paper towels, and rags after cleaning.
- ❑ Wash toys, pacifiers, and things that your child puts in their mouth often, especially after they fall on the floor.

#### MAINTAIN A HEALTHY DIET

- ❑ Provide your child regular meals and snacks, since more lead is absorbed on an empty stomach.
- ❑ Give your child healthy foods with lots of calcium, iron, and vitamin C.
- ❑ Limit foods that are high in fats to reduce the amount of lead absorbed by your child's body.

#### USE COLD WATER

- ❑ 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.

#### OTHER THINGS YOU CAN DO

- ❑ Move cribs and playpens away from areas with peeling paint.
- ❑ If you or someone in your home works with lead, shower and change clothes before entering the home. Wash these clothes separately from the rest of your family's clothes.
- ❑ Keep your child away from home repair and construction areas.
- ❑ Be sure that pottery, ceramic dishes, and glasses are lead-free.



Examples of ceramic dishes containing lead