

#KNOWLEAD

The foods we prepare and serve to our families can help limit the absorption of lead.

- ❖ Feed your child healthy foods with calcium, iron, and vitamin C:



Calcium is in milk, yogurt, cheese, and green leafy vegetables like spinach.



Iron is in lean red meats, beans, peanut butter, and cereals.



Vitamin C is in oranges, green and red peppers, and juices.



Get your child tested at ages 1 & 2, and get the facts at nj.gov/health/childhoodlead or follow #kNOwLEAD.



Prevent. Screen. Intervene.