



LEAD CAN HURT YOUR FAMILY.

Lead is a metal that our bodies don't need. Too much lead in our bodies can cause problems, especially for children. Children exposed to too much lead may not look or act sick, but may have problems with growth and learning.

Talk with your doctor to see if you or your child should be tested for lead.



For more information Contact the Illinois WIC Program:

Monday-Friday during business hours
1-217-782-2166
1-866-324-5553 TTY/Nextalk or
711 TTY Relay

To find a WIC office closest to you Visit our website:

www.dhs.state.il.us

If you have questions about any Illinois Department of Human Services (IDHS) programs, you may call the automated Helpline 24 hours a day at:

1-800-843-6154

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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WELL FED MEANS LESS LEAD



PROTECT YOUR FAMILY FROM LEAD WITH HEALTHY FOODS!

Good nutrition is one way to protect your family from lead. From the start, breast milk provides the best nutrition and many health benefits for babies.

For children and adults, three key nutrients can play a role in protecting the body from the harmful effects of lead: **calcium**, **iron**, and **vitamin C**. These nutrients help the body absorb less lead and are part of a healthy diet. Choose a variety of foods daily.

SOURCES OF CALCIUM INCLUDE:

- Milk
- Yogurt
- Cheese
- Cottage Cheese
- Pudding
- Calcium fortified orange juice
- Dark, leafy green vegetables

SOURCES OF IRON INCLUDE:

- WIC-approved cereals
- Legumes (peas, beans, lentils)
- Dried fruits
- Lean red meats, fish, chicken, turkey
- Dark, leafy green vegetables

SOURCES OF VITAMIN C INCLUDE:

- Oranges
- Grapefruit
- Tomatoes
- Bell peppers
- Broccoli
- Potatoes
- Strawberries
- Melons
- WIC-approved juices



MEAL PLANNING

It is important that your family has regular meals and snacks. This may help keep lead from being absorbed. Ask your WIC Nutritionist for more ideas on healthy food choices and serving sizes.

An example of one day of meals and snacks for your preschooler is below. Find more meal and snack ideas for your child at myplate.gov

Breakfast

1 ounce Grains ½ cup Dairy
½ cup Fruit

Morning Snack

½ ounce Grains ½ cup Fruit

Lunch

1 ounce Grains ½ cup Dairy
¼ cup Vegetables 1 ounce Protein Foods

Afternoon Snack

¼ cup Vegetables ½ cup Dairy

Dinner

½ ounce Grains ½ cup Dairy
½ cup Vegetables 1 ounce Protein Foods

Be careful when:

- Storing foods in imported lead-glazed pottery or leaded crystal.
- Fruits or veggies grown in lead contaminated water.
- Using imported spices and foods.
- Letting your child eat or drink away from the family table.

ALWAYS WASH HANDS BEFORE YOU EAT.

