

Protect Children from Lead with Healthy Foods

Lead can easily get in your child's blood and bones. Healthy foods can give your child the nutrients they need to help prevent lead from entering their blood and bones. Help your child eat foods that are:

- Green leafy vegetables
- Colorful fruits and vegetables
- Milk or other foods high in calcium such as cheese and yogurt
- Nuts, lentils, beans, fish, chicken, and red meat



Contact us at: 651-201-4620

More information: www.health.state.mn.us/lead

English
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mn
DEPARTMENT
OF HEALTH

Eat regular balanced meals throughout the day

Dairy



More nutrition and MyPlate information at:
www.myplate.gov

