

# 5 FOODS TO EAT TO PROTECT YOUR FAMILY FROM LEAD



LESSON:  
PROTECT YOUR FAMILY FROM LEAD WITH HEALTHY FOODS




Calcium and iron help our bodies absorb less lead. Vitamin C helps the body absorb iron better. The foods below can help protect your family against lead. Read on to learn why, and discover child-friendly ways to prepare these foods.

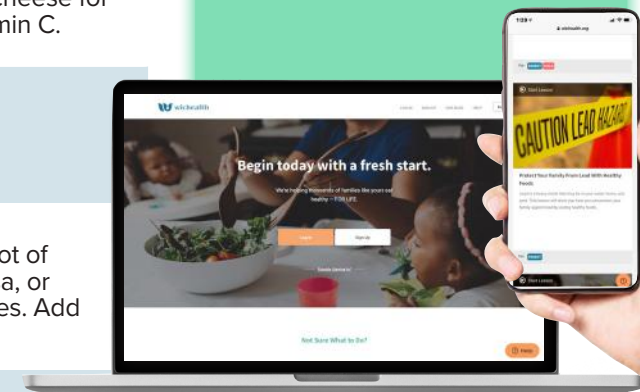
### Take This Lesson to Learn:

- Ways you can be exposed to lead.
- What to do if your family has been exposed to lead.

### To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Keeping Your Family Healthy**
- Choose the lesson: **Protect Your Family From Lead With Healthy Foods**

	WHY?	TRY IT THIS WAY
 <p><b>YOGURT</b></p>	Yogurt is packed with calcium and a great food to mix with fruits and veggies.	Mix plain yogurt with a ranch dressing spice packet to make a yummy dipping sauce for peppers and steamed broccoli. You get vitamin C from the veggies and calcium from the yogurt!
<p><b>CALCIUM-FORTIFIED ORANGE JUICE</b></p>	Fortified orange juice is a great source of calcium and vitamin C. It helps the body absorb more iron - making it a great defender against lead.	Make a tasty smoothie with calcium-fortified OJ, low-fat yogurt, a banana, strawberries, and ice cubes. Kids love this treat, which is packed with calcium and vitamin C.
 <p><b>GROUND BEEF OR TURKEY</b></p>	Ground meats contain a lot of iron.	Make a simple pasta sauce with ground meat, canned tomatoes, and frozen chopped spinach. Top your pasta with the sauce and grated cheese for a meal that's high in iron, calcium, and vitamin C.
<p><b>IRON-FORTIFIED BREAKFAST CEREALS</b></p>	All WIC cereals are high in iron!	Serve hot or cold WIC cereals with milk and berries, or orange slices on the side. A kid-friendly breakfast that's high in iron, calcium, and vitamin C.
 <p><b>BEANS OR LENTILS</b></p>	Beans are high in iron, but we need a little help from vitamin C to absorb it better.	Serve beans with tomatoes, which have a lot of vitamin C. Serve black bean tacos with salsa, or make a simple chili with beans and tomatoes. Add some grated cheese for calcium.



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