

# Nutrients

that help prevent lead poisoning in kids



## CALCIUM

Calcium-rich foods like milk, yogurt, cheese, and green leafy vegetables like spinach.



## IRON

Iron can be found in lean red meats, beans, sweet potatoes, peanut butter, and cereals.



## VITAMIN C

Foods high in Vitamin C include oranges, green and red peppers, grapefruit, broccoli, strawberries, and natural citrus juices.



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