Utah’s Kids
and Lead Poisoning

GET TESTED

Many doctors routinely test for lead poisoning in young children, but if for any reason you suspect your child may have been exposed to lead, talk to your health care provider to have your child tested.

NUTRITION

Good nutrition and a balanced diet containing foods rich in Vitamin C, Iron, Zinc, and Magnesium may help decrease the absorption of lead.

For Calcium:
- milk
- yogurt
- cheese
- kale
- turnip
- collard greens
- canned salmon/sardines

For Iron:
- lean red meats
- iron-fortified cereal, bread, & pasta
- raisins or prunes
- beans and lentils

For Vitamin C:
- fruits like oranges, lemons, limes, or grapefruits
- tomatoes
- peppers
- potatoes
- kiwi
- guava
- cauliflower

For Zinc/Magnesium:
- legumes
- nuts
- seeds
- oatmeal
- dark chocolate
- spinach
- black beans
- avocado

Are your kids at risk?

www.utahleadcoalition.org
DID YOU KNOW?
Children can get lead in their bodies by breathing or swallowing dust that contains lead. Since even small amounts can be harmful, young children are especially at risk for lead poisoning, which can slow growth and development. The effects of lead poisoning can stay with a child through life.

HOW CAN LEAD POISONING AFFECT MY CHILD?
- Reading and learning problems
- Lowered intelligence
- Behavior problems
- Brain damage
- Slowed growth

LEAD POISONING IS PREVENTABLE!

FOR MORE INFORMATION AND RESOURCES VISIT: www.utahleadcoalition.org