

# Fight *Lead Poisoning*

**with a Healthy Diet**

Lead Poisoning Prevention Tips and  
Recipes for Families



**ST. JOSEPH COUNTY**  
DEPARTMENT OF HEALTH  
Prevent. Promote. Protect.

# Lead and a Healthy Diet

What You Can Do to Protect Your Child

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## Lead's Effects on the Body

Lead is a poisonous metal that our bodies cannot use. Lead poisoning can cause learning, hearing, and behavioral problems, and can harm your child's brain, kidneys, and other organs. Lead in the body stops good vitamins such as iron and calcium from working right. Some of these effects may be permanent.

## Lead Awareness and Your Child

Children with lead poisoning usually do not look or act sick. The only way to know if your child has lead poisoning is by getting a blood test. Ask your doctor or health care provider to test your child under six years of age at least once a year.

## Lead Hazards

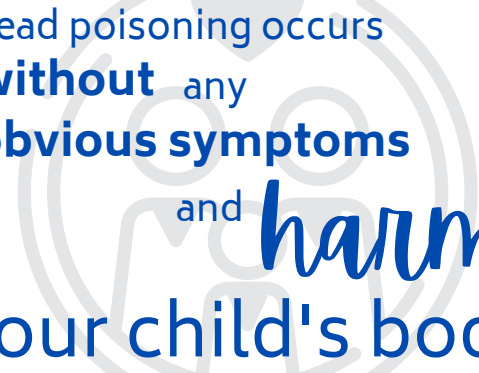
Where is Lead Found?

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## Main Sources of Lead

Lead-based paint is a hazard if it is peeling, chipping, chalking, or cracking. Even lead-based paint that appears to be undisturbed can be a problem if it is on surfaces that children chew or that get a lot of wear and tear. The older your home is, the more likely it is to contain lead-based paint.

Contaminated dust forms when lead paint is dry-scraped or sanded. Dust can also become contaminated when painted surfaces bump or rub together. Lead chips and dust can gather on surfaces and objects that people touch or that children put into their mouths.



Lead poisoning occurs  
**without** any  
**obvious symptoms**  
and **harms**  
**your child's body.**

Contaminated soil occurs when exterior lead-based paint from houses, buildings, or other structures flakes or peels and gets into the soil. Soil near roadways may also be contaminated from past use of leaded gasoline in cars. Avoid these areas when planting vegetable gardens.

## Other Sources of Lead

- Contaminated drinking water from older plumbing fixtures
- Lead-based painted toys and household furniture
- Imported lead-glazed pottery and leaded crystal
- Lead smelters
- Hobbies
- Folk remedies like azarcon and play-loo-ah
- Cosmetics like kohn and kajal



Do not store **food**  
in **glazed pottery**  
**from foreign countries.**

# Simple Steps you Can Take

to Protect Your Family from Lead Hazards

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## If you think your home has high levels of lead:

- Make sure your children eat healthy, low-fat foods high in iron, calcium, and vitamin C.
- Get your children tested for lead, even if they seem healthy
- Get your home tested for lead.  
Call 574-245-6755 for more information
- Always wash your hands before eating.
- Wash children's hands, bottles, pacifiers, and toys.
- Do not use imported pottery to store or serve food.
- Let tap water run for one minute before using.
- Use only cold water for making your baby's formula, drinking, and cooking.
- Regularly clean floors, windowsills, and other surfaces using wet methods that control dust.
- Wipe or remove shoes before entering your house.
- If you rent, it is your landlord's job to keep paint in good shape. Report peeling or chipping paint to your landlord and call your Department of Health if the paint is not repaired safely.
- Take precautions to avoid exposure to lead dust when remodeling or renovating.
- Don't try to remove paint yourself.



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## For more information on childhood lead poisoning prevention:

### Call

- Your child's pediatrician
- The St. Joseph County Department of Health  
574- 245- 6755
- The National Lead Information Center 1-800-424-LEAD (424-5323)
- U.S. Environmental Protection Agency's (EPA), Safe Drinking Water Hotline.

### Visit

- EPA Lead Program Web site  
[www.epa.gov/lead](http://www.epa.gov/lead)
- U.S. Centers for Disease Control and Prevention (CDC) Web site  
[www.cdc.gov/nceh/lead](http://www.cdc.gov/nceh/lead)
- U.S. Department of Housing and Urban Development (HUD) Web site  
[www.hud.gov/offices/lead](http://www.hud.gov/offices/lead)

# Healthy Diet

Tips to help you and your children plan meals and snacks

## Regularly Eat Healthy Foods

Children with empty stomachs absorb more lead than children with full stomachs. Provide your child with four to six small meals during the day. The following nutrients can help protect your child from lead poisoning:

### Iron-Rich Foods

Normal levels of iron work to protect the body from the harmful effects of lead. Good sources of dietary iron include:

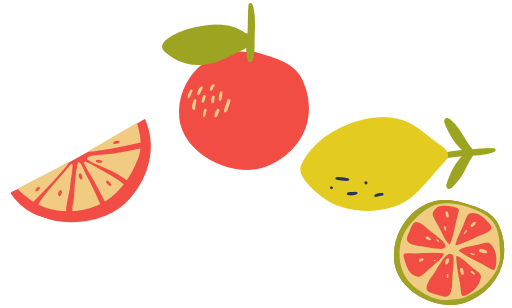
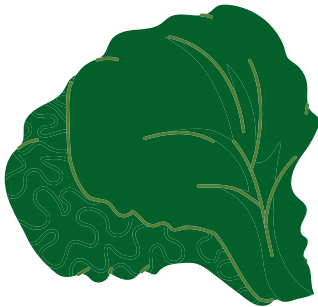
Lean red meats, fish, and chicken  
Iron-fortified cereals  
Dried fruits (raisins, prunes)



### Calcium-Rich Foods

Calcium reduces lead absorption and also helps make teeth and bones strong. Good sources of dietary calcium include:

Milk  
Yogurt  
Cheese  
Green leafy vegetables (spinach, kale, collard greens)



### Vitamin C-Rich Foods

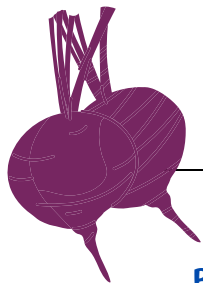
Vitamin C and iron-rich foods work together to reduce lead absorption. Good sources of vitamin C include:

Oranges, orange juice  
Grapefruits, grapefruit juice  
Tomatoes, tomato juice  
Green peppers

A healthy diet can help

**Protect**  
your **child**  
from the harmful effects of lead.





# Meal and Snack Ideas

Tips to help you and your children plan meals and snacks

## Breakfast

Oatmeal swirlers  
Sliced banana  
Orange juice

-or-

Cheese omelet  
Applesauce  
Low-fat milk

-or-

French toast  
Orange sections  
Low-fat milk

## Lunch

Grilled cheese & tomato  
Coleslaw  
Low-fat milk

-or-

Tuna salad sandwich  
Cranberry juice  
Pear slices

-or-

Pizza bagel  
100% fruit juice  
Fresh or canned peaches  
Low-fat milk

## Dinner

Sloppy joes  
Watermelon  
Low-fat milk

-or-

Macaroni and cheese  
Stewed tomatoes  
Melon slice

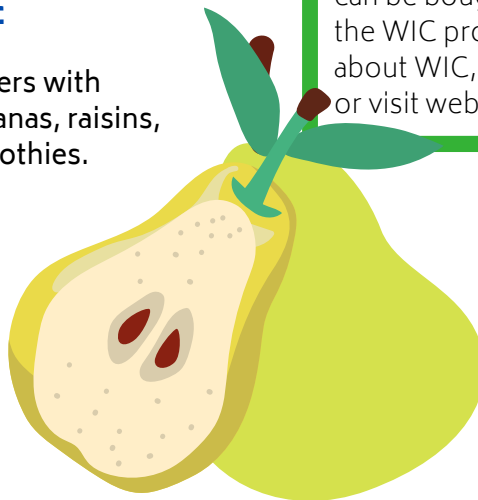
-or-

Chicken stew  
Rice  
Strawberries

## Between meals offer small snacks such as:

Cereal with low-fat milk, whole wheat crackers with cheese, apple or pear slices, oranges or bananas, raisins, yogurt, frozen fruit juice pops, and fruit smoothies.

Many of the foods listed in this booklet can be bought with food vouchers from the WIC program. To find out more about WIC, call your child's pediatrician or visit website [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)



## Oatmeal Swirlers • Makes 4-6 servings

- 1 1/2 cups of quick cooking oats
- 1/3 cup of peanut butter
- 1/3 cup of fruit jelly or jam

### Steps:

- Follow the package directions to cook oats.
- Spoon peanut butter and jelly on top of cooked oatmeal.
- Stir and spoon into bowls.
- Serve with low-fat milk.



## French Toast • Makes 4-6 servings

- 3 eggs, beaten
- 1/2 cup of low-fat milk
- Vegetable oil
- 6 slices of bread
- Cinnamon
- 2 bananas, sliced

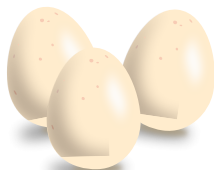


### Steps:

- Mix eggs and milk.
- Lightly coat pan with vegetable oil. Use medium heat.
- Dip bread into egg mixture, so that bread is covered.
- Brown one side of bread in pan
- Sprinkle top with cinnamon.
- Turn over bread and brown the other side.
- Top with sliced banana and serve with low fat milk.

## Cheese Omelet • Makes 2-3 servings

- 3 eggs
- 1 tablespoons of low-fat milk
- Vegetable oil
- 3 tablespoons of cheese

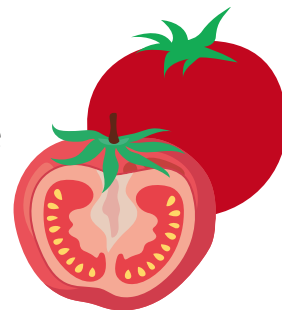


### Steps:

- Mix eggs and milk in a bowl.
- Lightly coat pan with vegetable oil. Use medium heat.
- Add egg mixture and cook.
- When the omelet is cooked on bottom, add cheese.
- When cheese is melted, fold omelet in half.
- Top with salsa if you like.
- Serve with toast, fruit, and low-fat milk.

## Grilled Cheese & Tomato Sandwich • Makes 1 serving

- 2 slices of bread
- 2 slices of American cheese
- 1 slice of tomato
- Vegetable oil



### Steps:

- Make sandwich using bread, cheese, and tomato.
- Lightly coat pan with vegetable oil.
- Brown sandwich on both sides over low heat to melt the cheese.
- Serve with low-fat milk or fruit juice

Lead  
BY 5  
to

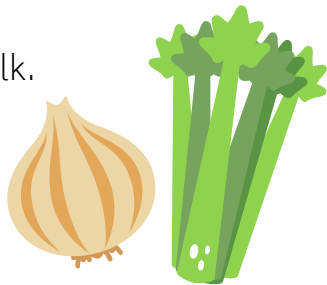


## Tuna Salad Sandwich • Makes 2 servings

4 slices of bread  
1 can of water packed tuna  
4 teaspoons of low-fat mayonnaise  
Onion and celery, chopped

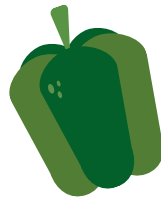
### Steps:

- Mix tuna with low-fat mayonnaise, onion, and celery.
- Try your sandwich with cheese and tomato.
- Serve with low-fat milk.



## Sloppy Joes • Makes 4-6 servings

1 pound of lean ground beef, turkey, or chicken  
1 small onion, chopped  
1/2 green pepper, chopped  
1 cup of tomato sauce  
Your choice of seasonings  
5 hamburger buns or pita pocket breads



### Steps:

- In a pan, cook lean ground meat, onion, and green pepper until meat is well done.
- Drain fat.
- Stir in tomato sauce and seasonings.
- Cook for 5 to 10 minutes.
- Spoon into hamburger bun or pita.
- Serve with fruit juice.



## Pizza Bagels • Makes 2-3 servings

1 bagel  
2 tablespoons of tomato sauce  
Garlic, basil, oregano  
2 tablespoons of cheddar cheese or part-skim mozzarella.

### Steps:

- Preheat oven to 400 degrees.
- Slice open a bagel and place on a flat pan.
- Add tomato sauce, seasonings, and cheese.
- Bake for 3 minutes or until cheese melts.
- Serve with fruit juice.



## Baked Macaroni and Cheese

• Makes 3-5 servings

4 cups of cooked macaroni  
3 cups of grated cheddar cheese  
2 tablespoons of margarine  
2 tablespoons of flour  
Vegetable oil  
2 cups of low-fat milk



### Steps:

- Preheat oven to 375°F. Lightly coat casserole dish with vegetable oil.
- Mix cooked macaroni with grated cheese and pour into casserole
- Melt margarine in a pan. Remove from heat, stir in flour. Return to heat.
- Add low-fat milk slowly, stirring until smooth.
- Season with salt and pepper to taste.
- Pour over macaroni. Stir.
- Cover. Bake for 30 minutes.
- Uncover and bake for another 15 minutes.



Lead  
BY 5  
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## Chicken Stew • Makes 6-8 servings

3 pounds of boneless chicken, cut up into small pieces

Vegetable oil

1 medium onion, chopped

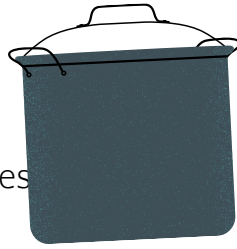
1 stalk of celery, chopped

28 ounce can of stewed tomatoes

Poultry seasoning

### Steps:

- Lightly coat pot with vegetable oil, over medium heat
- Cook chicken until it is done (165°F).
- Add can of stewed tomatoes.
- Add vegetables and seasoning.
- Cover and cook over low heat for 30 minutes.
- Serve with rice or noodles.



## Spinach and Arugula Salad • Makes 6 servings

3/4 cup of corn

1 cup of cherry tomatoes, cut in half

5 cups of arugula

1 cup of spinach

2 tablespoons of sliced almonds

1/4 cup of feta or goat cheese crumbles

1 tablespoon of olive oil

1 teaspoon of balsamic vinegar

### Steps:

- Add your arugula, spinach, corn, tomatoes and cheese to a bowl and toss gently.
- In a separate bowl mix the olive oil, balsamic vinegar, and salt and pepper to taste.
- Toss the dressing with the salad, and then top with almonds



## Banana Strawberry Smoothie • Makes 2-3 servings

1 cup of low-fat milk

1 cup of fresh or frozen strawberries, mashed

1 ripe banana, mashed

### Steps:

- Mix all together in a blender or use a wire whisk.
- Eat as a snack or for dessert.



## Fish Cakes • Makes 5 servings

4 filets cod or tilapia

1/2 cup bread crumbs

1 egg

1/2 cup parmesan cheese

1/2 onion

1/4 teaspoon pepper

1/4 teaspoon salt

2 teaspoon of garlic powder

1 teaspoon parsley

### Steps:

- Put all ingredients into a bowl and mix well until mixture is a sticky paste consistency.
- Scoop small handful of mixture and form into small, flat cakes.
- Cook in a skillet with oil until lightly browned on each side.
- Serve with your favorite cocktail sauce

