

Nutrition & Childhood Lead Poisoning Prevention

What is lead poisoning?

- Lead is a poisonous metal that is harmful to the body.
- Lead poisoning is most dangerous to young children under the age of 6-years-old.
- Lead can harm a child's brain and cause learning, hearing, and behavioral problems. It can also harm the kidneys and other organs.
- Lead in the body stops good minerals such as iron and calcium from working properly which can affect growth and development. These effects may be permanent.

There is no safe level of lead!

CACFP creditable healthy snack ideas help reduce lead absorption

The CACFP snack meal pattern for ages 3-5 requires any **two** of the five components:

- unflavored low-fat (1%) or unflavored fat-free milk (½ cup)
- meat/meat alternates (½ ounce)
- vegetables (½ cup)
- fruit (½ cup)
- grains (½ ounce equivalent)

**Only one of the two snack components may be a creditable beverage such as milk or juice.*



**Healthy
foods can
help prevent
lead
poisoning!**



A healthy diet can protect children from lead poisoning

- Feed children a low-fat meal or snack every 2-3 hours.
- When children eat the right foods, their bodies absorb less lead.
- Children with empty stomachs absorb more lead than children with food in their stomachs.
- Iron, calcium, and vitamin C can help prevent lead from getting into the body.

Healthy snack suggestions

- low-fat vanilla yogurt (¼ cup) and berries (½ cup)
- ham (¼ ounce) and cheese (¼ ounce) roll-up
- tortilla wrap: Refried beans (⅓ cup) and shredded cheese (⅓ ounce)
- hummus (⅓ cup) and diced vegetables (carrots, broccoli, tomatoes) (¼ cup)
- pineapple slices (½ cup) and cottage cheese (⅓ cup)
- half of a whole-grain bagel with light cream cheese (½ Tbsp) and cantaloupe chunks (½ cup)
- fat-free milk (½ cup) and whole grain crackers (½ ounce)
- sunflower butter (1 Tbsp) and whole-wheat toast (½ oz)

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