





























Protect your family from **LEAD** with healthy foods
high in **iron, calcium, & vitamin C**

Iron	Calcium	Vitamin C
 <p>Meats (beef, chicken, fish, pork, turkey) <i>No deli or processed meats</i></p>	 <p>Unsweetened dairy & dairy alternatives (cheese, milk, yogurt)</p>	 <p>Pineapple</p>
 <p>Beans (black & kidney beans)</p>	 <p>Tofu</p>	 <p>Cauliflower</p>
 <p>Cooked spinach</p>	 <p>Almonds</p>	 <p>Melon</p>
 <p>Nuts (peanuts, pistachios, walnuts, & cashews)</p>	 <p>Turnips with leaves</p>	 <p>Jicama</p>
 <p>Tofu</p>	 <p>Kale</p>	 <p>Broccoli</p>
 <p>Corn</p>	 <p>Cooked spinach</p>	 <p>Mango</p>
 <p>Dried apricots</p>	 <p>Broccoli</p>	 <p>Bell peppers</p>
 <p>Peas</p>	 <p>Bok choy</p>	 <p>Papaya</p>
 <p>Fava beans</p>	 <p>Mustard greens</p>	 <p>Kale</p>
 <p>Potato</p>	 <p>Collard greens</p>	 <p>Kiwi fruit</p>
 <p>Prunes</p>	 <p>Butternut squash</p>	 <p>Orange</p>
 <p>Brussels sprouts</p>	 <p>Sweet potato</p>	 <p>Yucca / Cassava root</p>
 <p>Broccoli</p>	 <p>Celery</p>	 <p>Zucchini</p>