

Implement Healthy Food Choices to Decrease **LEAD** Absorption

Lead poisoning is a serious disease, especially for children under six years old. Lead remains in the bloodstream for a few weeks: it is then absorbed into the bones and collects for a lifetime. Lead poisoning causes learning disabilities, behavioral problems, mental retardation, and stunted growth. Lead poisoning can be prevented.

Lead Control Basics--

- Have young children's blood tested for lead.
- Have children wash their hands and faces frequently, especially if they have been playing outside or on floor, and before they eat.
- Paint areas of peeling/chipping paint.
- Clean painted hard surface floors, window sills, and baseboards with wet sponge, rag or mop and soap.
- Don't scrape, sand, scrub floors, walls, window sills if they contain lead paint.
- Change work clothes if you are exposed to lead at work, and shower before entering the home; be careful if you are working with lead based items like sinkers, etc.
- Do not wash lead covered work clothes with regular laundry at home.

Decrease Lead Absorption--

- Run the faucet for 30-60 seconds and use only cold water for drinking, making baby formula, and preparing food.
- Use dishes and food containers that are unpainted glass or plastic, and lead free glazed ceramic or pottery dishes.
- Ensure that the family eats well-balanced meals, especially foods with iron, calcium, and vitamin C.
- Avoid or cut down on serving fatty or fried foods (that allow the body to absorb lead faster).

Folk Remedies to Avoid--

- Alcaron ● Alkohl ● Azarcon ● Bala Goli ● Coral ● Ghazard ● Greta ● Kandou ● Kohl
- Luiga ● Maria Luisa ● Pay loo ah ● Rueda ● Surma

