

LEAD CAN HURT YOUR FAMILY

Lead is a metal that our bodies don't need. Too much lead in our bodies can cause problems. Children, pregnant and breastfeeding women are among those who are at risk for lead poisoning. Children exposed to too much lead may not look or act sick, but may have problems with growth and learning.

Talk with your doctor to see if you or your child should be tested for lead.

Lead can be found throughout a child's environment.



Homes built before 1978 (when lead-based paints were banned) probably contain lead-based paint.



Lead can be found in some products such as toys and toy jewelry.



When the paint peels and cracks, it makes lead dust. Children can be poisoned when they swallow or breathe in lead dust.



Lead is sometimes in candies imported from other countries or traditional home remedies.



Certain water pipes may contain lead.



Certain jobs and hobbies involve working with lead-based products, like stain glass work, and may cause parents to bring lead into the home.

FOR MORE INFORMATION ON NUTRITION AND LEAD, CONTACT:

The National Lead Information Center
1-800-424-LEAD (424-5323)

WIC Clinics:

Dededo: (671) 635-7471/72

Tiyan: (671) 475-0295/96

Sta. Rita: (671) 565-3537 M-W-F

Inarajan: (671) 828-7551 (Tue & Th)

✉ guamwic@dphss.guam.gov



<https://dphss.guam.gov/woman-infants-infants-wic-program>



@ GuamWICProgram

References: WIC Michigan Well Fed Means Less Lead Brochure DCH-1515, WIC Works Resource System, Protect Against Lead Exposure- WIC Foods, [CDC.gov/nceh/lead/prevention](https://www.cdc.gov/nceh/lead/prevention)



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Healthy Foods Less Lead

PROTECT AGAINST
LEAD EXPOSURE WITH
WIC FOODS

PROTECT YOUR FAMILY FROM LEAD WITH HEALTHY FOODS!

Eating healthy foods is one way to protect your family from lead. From the start, breast milk provides the best nutrition and many health benefits for babies.

✓ The Good News!

For children and adults, getting enough of key nutrients such as calcium, iron, and vitamin C can play a role in protecting the body from the harmful effects of lead and are part of a healthy diet .

✓✓ More Good News!

WIC participants can get these key nutrients by eating certain foods from the WIC food package.



WIC FOODS WITH CALCIUM:

- Milk and milk products such as cheese and yogurt
- Green leafy vegetables such kale, spinach, mustard, and collard greens
- Calcium-fortified foods such as orange juice, soy milk, and tofu
- Canned salmon and sardines

WIC FOODS WITH IRON:

- Iron-fortified WIC-approved breakfast cereals
- Legumes (peas, beans, and lentils)
- Dark , green leafy vegetables
- Canned sardines
- Tofu

WIC FOODS WITH VITAMIN C:

- Citrus fruits like orange and grapefruit
- Strawberries
- Melons
- Tomatoes
- Bell peppers
- Broccoli
- Potatoes
- WIC-approved juices

MEAL PLANNING WITH YOUR WIC FOODS

SAMPLE MEALS

BREAKFAST

Scrambled eggs made with spinach
Whole wheat toast
Slices of fresh melon
1 cup of milk (8 fl.oz)



LUNCH

Slices of roast pork
Cooked brown rice
Steamed broccoli
Slices of apple
1/2 cup orange juice (4 fl.oz.)



DINNER

Stir-fry tofu w/ black beans, and red bell pepper, served with brown rice



SNACK

Slices of fresh fruits such as strawberries, kiwi, and oranges



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AVOID:

- Storing foods in imported lead-glazed pottery or leaded crystal
- Fruits or vegetables grown in lead-contaminated soil
- Foods or drinks made with lead-contaminated water

Wash your hands before you eat!