

# 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.



## 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](mailto: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*



Guam WIC Program  
15-6100 Mariner Avenue  
Barrigada, Guam 96913

This institution is an equal opportunity provider.

Developed by Guam WIC Program 08/23/2023



# 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



### 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!**