The foods we prepare and serve to our families can help limit the absorption of lead.

- Feed your child healthy foods with calcium, iron, and vitamin C:

  **Calcium** is in milk, yogurt, cheese, and green leafy vegetables like spinach.

  **Iron** is in lean red meats, beans, peanut butter, and cereals.

  **Vitamin C** is in oranges, green and red peppers, and juices.

Get your child tested at ages 1 & 2, and get the facts at nj.gov/health/childhoodlead or follow #kNOwLEAD.