

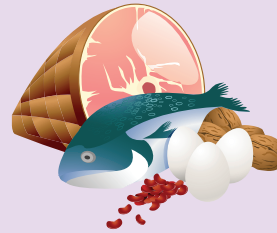
KEEP HEAVY METALS FROM WEIGHING YOU DOWN

Heavy metals (like lead, arsenic and cadmium) can build up in your body. This can lead to heavy metal poisoning and can make you sick. To reduce heavy metal poisoning, eat a variety of healthy foods. Healthy foods can also help remove metals if you have high levels of heavy metals already in your body.



Calcium and Vitamin D

- Milk
- Yogurt
- Cheeses



Protein, Iron and Zinc

- Lean meats, nuts and beans
- Eggs
- Soy and Tofu
- Yogurts, cheeses and milk

Vitamin C

- Sweet Bell Peppers
- Oranges and Grapefruits
- Broccoli
- Strawberries
- Melon
- Tomatoes



Fiber

- Nuts and nut butters
- Beans
- Pears, oranges and berries
- Peas and broccoli
- Whole grains and oatmeal
- Popcorn



Did You Know?

Your skin makes Vitamin D when the sun hits it. Vitamin D helps you absorb calcium, which can help prevent heavy metal poisoning.



**Childhood
LEAD POISONING
PREVENTION**

A PROGRAM OF THE KANSAS DEPARTMENT OF HEALTH AND ENVIRONMENT



For more information, visit www.kdheks.gov.