



Too much lead in a child's body can cause serious health and learning problems. Eat foods high in iron, vitamin C, and calcium to help protect against lead poisoning.

**Healthy!**  
To Prevent  
Lead Poisoning

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Our nutrition flyer is available in the following languages:

**Arabic**

**Burmese**

**English**

**French**

**Kw'irinda**

**Nepali**

**Somali**

**Swahili**