

**ALDER BROOK FAMILY HEALTH**  
8 Essex Way Suite 201 Essex, VT. 05452

## TIPS FOR PREVENTION OF HIDDEN LEAD INGESTION

1. Always wash your hands before eating.
2. Hot water holds onto more lead. For drinking water from the tap, always run the water until it is cold. \*\*\*\*Especially important for mixing with formula.
3. Eat iron rich foods such as green leafy vegetables, broccoli, apricots, raisins, prune juice and lean red meats.  
Iron ingestion reduces lead ingestion.  
(Note: lean red meat 2x/week is healthy.)
4. Eat low fat foods.
5. Always use non-lead cookware. (Some <sup>Asian, Middle Eastern, European</sup> asian/middle eastern cookware can be made with lead based materials.)
6. Never have your garden right next to your house where paint chips and other products could seep into the soil.
7. Always make your garden with raised beds.
8. Never consume maple syrup or cider made in lead vats/containers.

**Diane C. Ripa, M.D.**

**Elizabeth Schneider, M.D.**

**Lucy VanHollebeke, F.N.P.**