

get ahead of Lead

achd.net/lead



IRON

Good sources of dietary iron include:

- Lean red meats, fish, chicken, liver and pork
- Iron-fortified cereals
- Lentils, chickpeas, beans



spinach



beans



chicken



peppers



peppers



collard greens



grapefruit



strawberries



tomato juice

Did you know?

A diet rich in iron, calcium, and vitamin C can help limit the absorption of lead.

CALCIUM

Good sources of dietary calcium include:

- Milk
- Yogurt
- Cheese
- Green leafy vegetables (spinach, kale, collard greens)

VITAMIN C

Good sources of vitamin C include:

- Oranges and orange juice
- Grapefruits and grapefruit juice
- Tomatoes and tomato juice
- Green peppers
- Strawberries
- Kiwi

Eating healthy is not difficult or expensive! Many grocery stores and farmers market accept food stamps.

Check out these resources and start eating healthy today!

Pittsburgh Food Bank
1 North Linden Street Duquesne, PA 15110
Tel: 412-460-3663
<https://www.pittsburghfoodbank.org/>

Urban League of Greater Pittsburgh
610 Wood Street Pittsburgh, PA 15222
Tel: 886-395-3663
<http://ulpgh.org/programs/housing/hunger-services/>

Women, Infant, Children (WIC) Program
Tel: 412-350-5801
<http://www.achd.net/wic/>

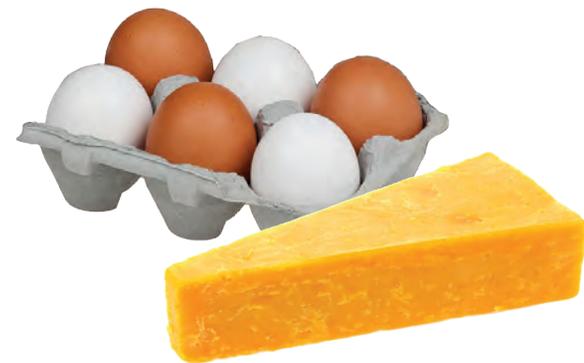
Live Well Allegheny
<http://www.livewellallegheny.com/>

Planning Meals

A cost effective way to eat is to plan and make large healthy meals ahead of time. Leftovers can be saved in containers for a quick and easy lunch or dinner tomorrow.

Get started today with these easy recipes, or find others at

<https://www.pittsburghfoodbank.org/recipecards/>



Cheese Omelet

Makes 2–3 servings

3 eggs
1 tablespoon of low-fat milk
Vegetable oil
3 tablespoons of cheese

Steps: • Mix eggs and milk in a bowl.
• Lightly coat pan with vegetable oil. Use medium heat. • Add egg mixture and cook.
• When omelet is cooked on the bottom, add cheese. • When cheese is melted, fold omelet in half. • Top with salsa if you like.
• Serve with toast, fruit, and low-fat milk.

Be sure to thoroughly wash fruits and vegetables, especially root vegetables, such as potatoes, carrots and turnips.

Sloppy Joes

Makes 4–6 servings

1 pound of lean ground beef, turkey, or chicken
1 small onion, chopped
1/2 green pepper, chopped
1 cup of tomato sauce
Your choice of seasonings
5 hamburger buns or pita pocket breads

Steps: • In a pan, cook lean ground meat, onion, and green pepper until meat is well done. • Drain fat. • Stir in tomato sauce and seasonings. • Cook for 5 to 10 minutes. • Spoon into hamburger bun or pita. • Serve with fruit juice.

