

reduce your risk of
lead poisoning

Eat a variety of
foods with iron every day.

- **beef, pork**
- **chicken, turkey**
- **beans**
- **iron-fortified cereal**
- **fish**, like tuna and salmon

Your child needs
2 to 3 servings of
calcium-rich
foods each day.

- **milk**
- **yogurt**
- **cheese**



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