

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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reduce el riesgo de  
**intoxicación  
por plomo**

Come a diario  
**alimentos variados  
que contengan hierro.**

- ternera, cerdo
- pollo, pavo
- frijoles, lentejas
- cereal fortificado con hierro
- pescado, como el atún  
y el salmón

Tu hijo necesita de  
2 a 3 porciones  
diarias de **alimentos  
ricos en calcio.**

- leche
- yogur
- queso



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- **pollo, pavo**
- **frijoles, lentejas**
- **cereal fortificado con hierro**
- **pescado**, como el atún y el salmón

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- **leche**
- **yogur**
- **queso**