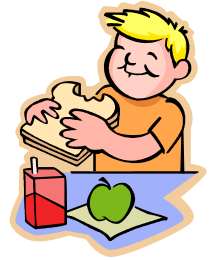


Healthy Eating to Help Prevent Lead Poisoning



Listed below are some meal and snack ideas to help give your children foods that are low-fat and high in iron, Vitamin C, and zinc. These nutrients will help prevent lead poisoning in your child.

Breakfast

- Oatmeal swirlers, sliced bananas, orange juice
 - Cheese omelet, applesauce, low-fat milk
 - French toast, orange sections, low-fat milk
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Lunch

- Grilled cheese and tomato, coleslaw, low-fat milk
 - Tuna salad sandwich, cranberry juice, pear slices
 - Pizza bagel, 100 percent fruit juice, fresh or canned peaches, low-fat milk
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Dinner

- Sloppy Joes, watermelon, low-fat milk
 - Macaroni and cheese, stewed tomatoes, melon slice
 - Chicken stew, rice, strawberries
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Snacks

- Cereal with low-fat milk
 - Whole wheat crackers with cheese
 - Apple or pear slices
 - Oranges or bananas
 - Raisins
 - Yogurt
 - Frozen fruit juice pops
 - Fruit smoothies
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Recipes

Here are the recipes to the suggested meal and snack ideas. Try to substitute low-fat foods when possible.



Oatmeal Swirlers

Makes 4-6 servings

1½ cups of quick cooking oats
1/3 cup of peanut butter
1/3 cup of jelly

Steps:

- Follow the package directions to cook oats.
- Spoon peanut butter and jelly on top of cooked oatmeal.
- Stir and spoon into bowls.
- Serve with low-fat milk.



French Toast

Makes 4-6 servings

3 eggs, beaten
½ cup of low-fat milk
Vegetable oil
6 slices of bread
Cinnamon
2 bananas, sliced

Steps:

- Mix eggs and milk.
- Lightly coat pan with vegetable oil. Use medium heat.
- Dip bread into egg mixture, so that the bread is covered.
- Brown one side of bread in pan.
- Sprinkle top with cinnamon.
- Turn over bread and brown the other side. Top with sliced bananas.
- Serve with low-fat milk.

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.

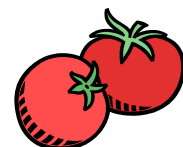
Grilled Cheese and Tomato Sandwich

Makes 1 serving

2 slices of bread
2 slices of American cheese
1 slice of tomato
Vegetable oil

Steps:

- Make sandwich using bread, cheese, and tomato.
- Lightly coat pan with vegetable oil.
- Brown sandwich on both sides over low heat to melt the cheese.
- Serve with low-fat milk or fruit juice.



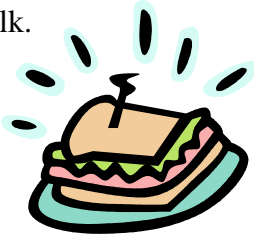
Tuna Salad Sandwich

Makes 2 servings

4 slices of bread
1 can of water-packed tuna
4 teaspoons of low-fat mayonnaise
Onion and celery, chopped

Steps:

- Mix tuna with low-fat mayonnaise, onion, and celery.
- Try your sandwich with cheese and tomato.
- Serve with low-fat milk.



Sloppy Joes

Makes 4-6 servings

1 pound of lean ground beef, turkey, or chicken
1 small onion, chopped
½ small 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.

Pizza Bagel

Makes 2-3 servings

1 bagel
2 tablespoons of tomato sauce
Garlic, basil, or oregano
2 tablespoons of cheddar cheese or part-skim mozzarella

Steps:

- Preheat oven to 400 degrees.
- Slice open a bagel and place on a flat pan.
- Add tomato sauce, seasonings, and cheese.
- Bake for 3 minutes or until cheese melts.
- Serve with fruit juice.



Baked Macaroni and Cheese

Makes 3-5 servings

4 cups of cooked macaroni
3 cups of grated cheddar cheese
2 tablespoons of margarine
2 tablespoons of flour
Vegetable oil
2 cups of low-fat milk
Salt and pepper

Steps:

- Preheat oven to 375 degrees. Lightly coat casserole dish with vegetable oil.
- Mix cooked macaroni with grated cheese and pour into casserole.
- Melt margarine in a pan. Remove from heat, stir in flour. Return to heat.
- Add low-fat milk slowly, stirring until smooth.
- Season with salt and pepper to taste.
- Pour over macaroni. Stir.
- Cover. Bake for 30 minutes.
- Uncover and bake for another 15 minutes.
- Cool and serve with fruit juice.

Chicken Stew

Makes 6-8 servings

3 pounds of frying chicken, cut up into small pieces

Vegetable oil

1 medium onion, chopped

1 stalk of celery, chopped

28-ounce can of stewed tomatoes

Poultry seasoning

Steps:

- Lightly coat pot with vegetable oil. Use medium heat.
- Cook chicken until it is well done.
- Add can of stewed tomatoes.
- Add vegetables and seasoning.
- Cover and cook over low heat for 30 minutes.
- Serve with rice or noodles.

Banana Strawberry Smoothie

Makes 2-3 servings

1 cup of low-fat milk

1 cup of fresh or frozen strawberries, mashed

1 rip banana, mashed

Steps:

- Mix all together in a blender or use a wire whisk.
- Eat as a snack or for dessert.
- You may substitute other fruits as well.

