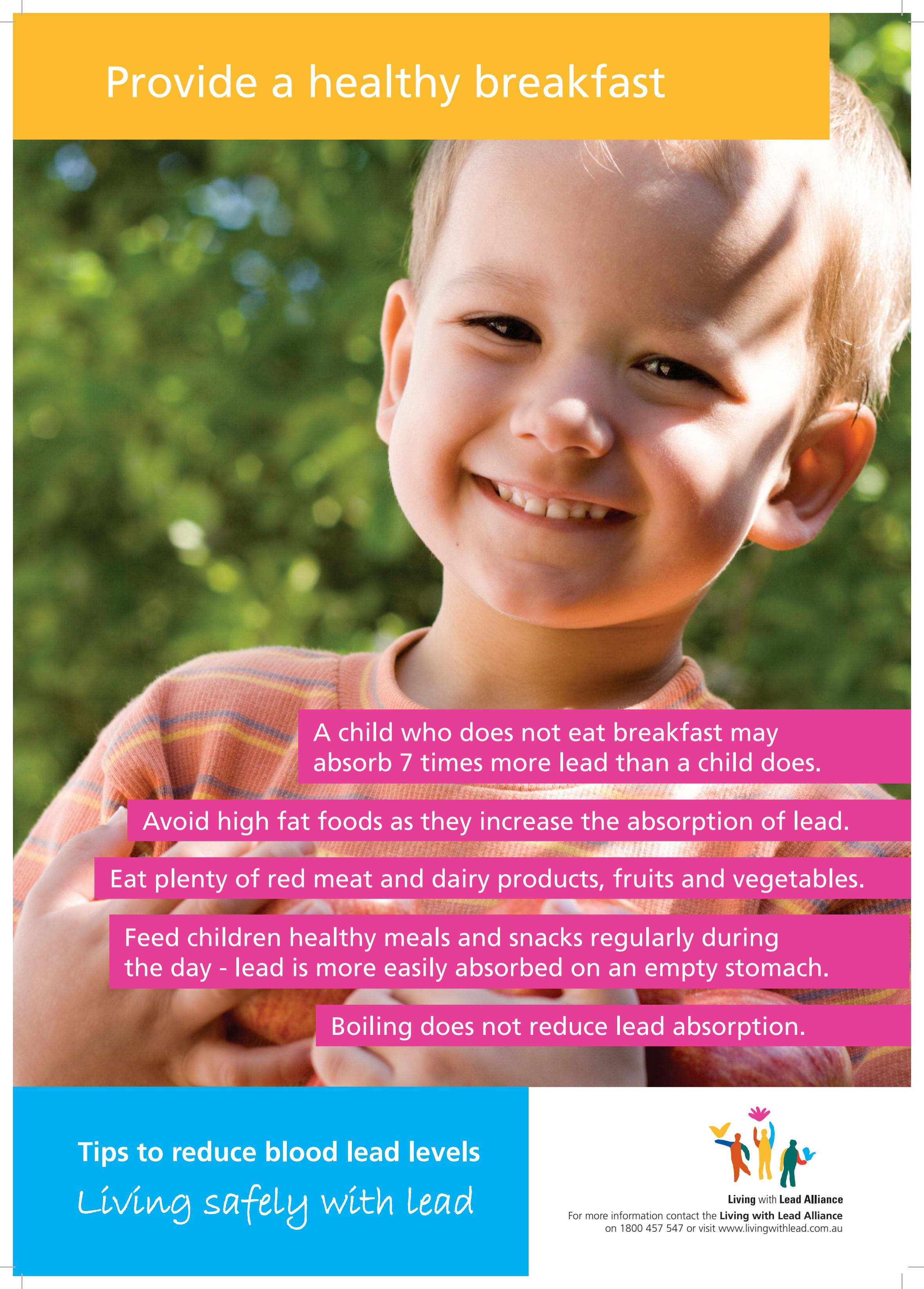


# Provide a healthy breakfast



A child who does not eat breakfast may absorb 7 times more lead than a child does.

Avoid high fat foods as they increase the absorption of lead.

Eat plenty of red meat and dairy products, fruits and vegetables.

Feed children healthy meals and snacks regularly during the day - lead is more easily absorbed on an empty stomach.

Boiling does not reduce lead absorption.

**Tips to reduce blood lead levels**  
*Living safely with lead*



Living with Lead Alliance

For more information contact the **Living with Lead Alliance**  
on 1800 457 547 or visit [www.livingwithlead.com.au](http://www.livingwithlead.com.au)