欲獲詳細資料

請打電話給您當地的健康部門

Washington State Department of Health

Childhood Lead Program
P.O. Box 47812
Olympia, WA 98504-7812
1-800-909-9898

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FOOD Safety & NUTRITION

to help prevent

Lead Poisoning

in children

有助預防孩童鉛中毒之擇食安全與營養

FOOD Safety

鉛進入食物中是可能的，如果您的水管是鉛造的或焊接原料是含有鉛質，每當您的自來水滯留在水管一段長時間及每當您用熱水時，水管內的水將含更多的鉛質 。鉛可能存在某些盤碟、杯子或碗內，也可能存在於某些進口罐頭的接口上。鉛亦可能存在於家中塵埃裡，並會進入食物中。

- **用冷的自來水**煮食、飲用及沖調嬰兒養料。如果您家中的水管是鉛造的或焊接原料是含有鉛質，在用水前，應先讓水龍頭流動一分鐘才可使用。將水煮沸是無法將鉛除去的。

- 在用餐前，**先將您孩子的手洗乾淨**。在您處理食物前，將您的手洗淨以清除任何沾附的塵埃。並應清洗：
  - 吃或烹煮前的水果蔬菜。
  - 掉落在地上的奶瓶、奶嘴及食物，才可再給您的孩子。

- **陶製的碗盤**可能會是鉛的源頭，除非它們是特別製造確保盛裝食物安全。假如有疑慮，可用玻璃或塑膠容器盛裝或存放食物。

- **絕對不可在已開的罐頭上加熱或存放食物**。

NUTRITION

鐵質與鈣質都很重要!

當小孩獲得足夠的鐵質與鈣質，他們的身體便自然會吸收較少的鉛。

含鐵質的食物:

- 瘦牛肉與豬肉、肝、雞、火雞、魚、肝腸
- 煮熟的乾豆或碗豆、烤豆、紅蕃椒、賴馬豆、黑目碗豆(Blackeyed Peas)
- 加鐵質的穀類早餐
- 波菜、瑞士甜菜、科樂菜(Collard greens)、甘藍菜(Kale)
- 乾梅子、葡萄乾、杏脯
- 添加營養的麵、意大利麵、通心粉、米飯
- 添加營養的麵包、麵粉薄餅(Flour tortillas)

含鈣質的食物:

- 乾酪、優格(Yogurt)、牛奶
- 芥菜、科樂菜、蘿蔔葉
- 含可食魚骨的罐頭魚–如沙丁魚、鮭魚、鯖魚
- 豆腐
- 塔欣尼(Tahini)
- 西蘭花
- 玉蜀黍薄餅(Corn tortillas)

更多營養實例

■ 規律性、富營養的的正餐與零食可幫助身體減少鉛的吸收

■ 以生鐵鑄造的鍋或平底鍋烹煮食物，這是一種在食物中加入鐵質的安全方法。

■ 含豐富維他命C的食物，可幫助身體吸收更多鐵質。每餐可包括一份含豐富維他命C的食物。

含維他命C豐富的食物:

- 橘子、柚子、橘柑
- 橘子汁、檸檬汁
- 草莓、蕃茄、西瓜
- 西蘭花、包心菜、青辣椒
- 烤馬鈴薯、蕃薯
- 綠葉菜、甘藍菜、甜菜

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If you have questions, contact:
Office of Health Promotion
P.O. Box 47833 Olympia, WA 98504-7833
(360) 236-3736

Sincerely,
Health Education Resource Exchange Web Team

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