Heavy metals (like lead, arsenic and cadmium) can build up in your body. This can lead to heavy metal poisoning and can make you sick. To reduce heavy metal poisoning, eat a variety of healthy foods. Healthy foods can also help remove metals if you have high levels of heavy metals already in your body.

**Calcium and Vitamin D**
- Milk
- Yogurt
- Cheeses

**Protein, Iron and Zinc**
- Lean meats, nuts and beans
- Eggs
- Soy and Tofu
- Yogurts, cheeses and milk

**Vitamin C**
- Sweet Bell Peppers
- Oranges and Grapefruits
- Broccoli
- Strawberries
- Melon
- Tomatoes

**Fiber**
- Nuts and nut butters
- Beans
- Pears, oranges and berries
- Peas and broccoli
- Whole grains and oatmeal
- Popcorn

**Did You Know?**
Your skin makes Vitamin D when the sun hits it. Vitamin D helps you absorb calcium, which can help prevent heavy metal poisoning.

For more information, visit www.kdheks.gov.