

## **Precautions About Lead in Venison**

Deer that are shot with bullets containing lead can have particles of lead remaining in the meat, some too small to be seen or felt. Lead fragments may be found in processed venison. Although lead can be harmful to humans, even in very low amounts, there is no known evidence that links human consumption of venison to lead poisoning. Children under 6 years and pregnant women are at the greatest risk from lead exposure. Since 1992, about 500,000 Iowans under 6 years and 25,000 adults have been tested for lead poisoning, and no elevated blood lead levels have been attributed to venison or any other wild game.

The following suggestions can minimize potential exposure to lead in venison:

- Remind your meat processor to, or if you process your own venison, trim a generous distance away from the wound channel and discard any meat that is bruised, discolored, or contains hair, dirt or bone fragments.
- Avoid consuming internal organs.
- Practice marksmanship and outdoor skills to get closer, cleaner, lethal shots away from major muscle areas. (Don't shoot at running deer.)
- Consider alternative non-lead ammunition such as copper or others that have high-weight retention.

For more information, call 1-800-972-2026.