



LEAD AWARENESS AND YOUR CHILD

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The only way to know if your child has elevated blood lead levels is by getting a blood test.

It is recommended that children 6 months to 3 years of age have their blood lead levels tested annually.

Call the Trail Lead Health Services Coordinator at 250-364-6223 for more information.



For more information

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CALL:

The Trail Lead Health Services
Coordinator, Kiro Wellness centre, 1500
Columbia Avenue, Trail BC
250-364-6223

Trail Health & Environment Community
Program Office, 1319 Bay Avenue, Trail BC
250-368-3256

VISIT:

Trail Health and Environment
Program website: www.thep.ca

Interior Health website:

www.interiorhealth.ca

Healthlink BC

Go to: www.healthlinkbc.ca
or dial 811 to talk to a nurse 24
hours a day, 7 days a week.

A Pharmacist is available
between 5 pm and 9 am daily.

A Dietician is available between
9 am and 5 pm Monday to Friday.

LEAD AND A HEALTHY DIET

*WHAT YOU CAN DO
TO PROMOTE YOUR
CHILD'S HEALTH*



WORKING TOGETHER
Creating a healthy environment



“A healthy diet is important for all children, particularly when lead is a consideration.”

LEAD'S EFFECTS ON THE BODY

Lead is a metal our bodies cannot use. People in smelter communities are likely to be exposed to more of it in the environment than people in other areas. Some extra steps ensure that we, and our families, keep good health front and centre.

In particular, elevated blood lead levels may contribute to learning, hearing, and behavioural problems in children; or may impact your child's brain, kidneys and other organs. Lead in the body hinders good minerals such as iron and calcium from working effectively. Some of these effects may be permanent.

Elevated lead levels can occur without any obvious symptoms.

EAT HEALTHY FOODS REGULARLY

Children with empty stomachs absorb more lead than children with full stomachs. Provide your child with four to six small meals during the day. The following nutrients can help protect your child from developing elevated blood lead levels:

Iron-Rich Foods

Normal levels of iron work to protect the body from the harmful effects of lead. Good sources of dietary iron include:

- Lean red meats, fish, chicken, and eggs;
- Iron-fortified cereals, whole grains;
- Raisins, prunes, pumpkin seeds, leafy green vegetables.

Calcium-Rich Foods

Calcium reduces lead absorption and also helps make teeth and bones strong. Good sources of dietary calcium include:

- Milk, yogurt, cheese;
- Green leafy vegetables (spinach, kale, collard greens);
- Almonds;
- Canned salmon;
- Whole grain pancakes or waffles.

Vitamin C-Rich Foods

Vitamin C and iron-rich foods work together to reduce lead absorption. Good sources of vitamin C include:

- Strawberries, blueberries, oranges, grapefruit;
- Orange Juice, grapefruit juice, tomato juice;
- Green peppers, broccoli, cabbage, cauliflower.

TAKE SIMPLE STEPS TO PROMOTE YOUR FAMILY'S HEALTH IN RELATION TO LEAD EXPOSURE

- Always wash your hands before preparing and eating food.
- Make sure your children eat regular, healthy foods high in iron, calcium and vitamin C.
- Wash all fruits and vegetables especially locally grown produce that may have lead-contaminated soil or dust on it. Dunk and swish leafy vegetables such as lettuce and spinach in a sink of clean, cold water. Peel root vegetables such as carrots and potatoes.
- Use cold water and heat it up for drinking, cooking or preparing baby formula, rather than using hot water from the tap.
- Do not use imported pottery to store or serve food.
- Serve meals and snacks at the table rather than “picnic style” on the floor.
- Have your children tested annually for lead, even if they seem healthy.