



## LEAD AWARENESS AND YOUR CHILD

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The only way to know your child's level of lead exposure is by getting a blood test.

We recommend 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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#### Trail Lead Health Services Coordinator

THEP Family Health Services  
Kiro Wellness Centre  
1500 Columbia Avenue, Trail BC  
250-364-6223

#### Community Programs Representative

THEP Home & Garden Services  
Community Program Office  
1319 Bay Avenue, Trail BC  
250-368-3256

#### VISIT:

THEP website  
[www.thep.ca](http://www.thep.ca)

#### Interior Health – children's nutrition

[www.interiorhealth.ca/YourHealth/InfantsChildren/Pages/Nutrition.aspx](http://www.interiorhealth.ca/YourHealth/InfantsChildren/Pages/Nutrition.aspx)

#### Healthlink BC

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

#### or call 811 to talk to a...

- nurse (24 hours a day, 7 days a week).
- pharmacist (5 pm to 9 am daily).
- dietician (9 am to 5 pm Mon-Fri).

# LEAD AND A HEALTHY DIET

WHAT YOU CAN DO  
TO PROMOTE YOUR  
CHILD'S HEALTH



**WORKING TOGETHER**  
Creating a healthy environment



***“Good nutrition can help protect children from absorbing lead and other metals.”***

## LEAD & CHILDREN’S HEALTH

Lead is a metal that our bodies do not need. Lead may pose health risks even at low levels of exposure. The greatest risks are to young children because they absorb lead more easily, they put things (e.g. fingers, toys, dirt) in their mouths, and their brains are developing. Lead hinders the way good minerals, like calcium and iron, work in the body. The less lead children are exposed to, the better.

Children in Trail can be exposed to lead in dust, indoors and outdoors. Parents can minimize children’s exposure by keeping dirt out of the house, getting everyone to wash their hands regularly, damp mopping the house often, and making sure that children’s outdoor play areas are free of dust and dirt. Home renovations and chipped paint in older homes are also sources of lead. See [www.thep.ca](http://www.thep.ca) for a complete list of lead-safe health tips and contact us if you’re renovating your home.

***Good nutrition can help protect children from absorbing lead and other metals.***

## EAT HEALTHY FOODS REGULARLY

Children absorb more lead on an empty stomach than when they eat frequently. Children need 3 meals and 2-3 healthy snacks every day to minimize lead absorption. Foods with iron, calcium and Vitamin C protect children from absorbing lead and other metals. Good sources include:

### Iron-Rich Foods

Normal levels of iron protect the body from the harmful effects of lead.

- 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.

- Milk, yogurt, cheese;
- Leafy green vegetables (spinach, kale);
- Almonds;
- Canned salmon;
- Whole grain pancakes or waffles.

### Vitamin C-Rich Foods

Vitamin C and iron-rich foods work together to reduce lead absorption.

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

## MEAL-TIME TIPS TO REDUCE LEAD EXPOSURE

- Always wash your hands before preparing and eating food. Make sure children wash their hands.
- Serve meals and snacks at the table rather than “picnic style” on the floor.
- Serve children regular, healthy meals with foods high in iron, calcium and vitamin C.
- Wash all fruits and vegetables. Take special care with local produce that may have dirt or dust on it. Dunk and swish leafy vegetables in a sink of clean, cold water. Peel all root vegetables.
- 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. Artisan pottery may use lead glazes.
- Have your children tested annually for lead, even if they seem healthy.