

Lead is a metal that has been mined in Mount Isa for many years. It's in the dust, dirt and soil.

Our dry climate means lead dust gets into everything, via the air. It can also be found in old lead paint, especially in homes built before 1970.

Lead does not belong in the human body. When it gets into our bodies, it can build up and make us sick.

MAIN EXPOSURE PATHWAYS OF LEAD

- 98% INGESTION**
 - ▶ Dirty hands
 - ▶ Unwashed food
 - ▶ Unwashed toys
 - ▶ Household dust
 - ▶ Dust, dirt and soil
 - ▶ Old flaking and chipping lead paint
 - ▶ Old lead paint dust
- 1% INHALATION**
 - ▶ Household dust
 - ▶ Dust, dirt and soil
 - ▶ Old lead paint fumes
 - ▶ Old lead paint dust
- 1% ABSORPTION**
 - ▶ Through dirty hands, skin and hair
 - ▶ From mother's blood across the placenta to an unborn baby

Lead can harm kids' brain development, which may cause behaviour and learning problems that can last a lifetime.

There are simple things you can do to reduce blood levels and prevent harm from lead. Living smart can reduce the amount of lead our kids are exposed to, helping them grow up strong and healthy.

Lead Alliance



Living Safely with Lead

Get in Touch

FREECALL
1800 457 547
leadalliance.com.au

a Old Courthouse
Isa Street, Mount Isa.
Queensland 4825
e admin@leadalliance.com.au

Lead Alliance



Eat safe.

Healthy Eating and Nutrition.



Iron

Foods high in iron include:

- ▶ Meats such as beef, lamb, pork and kangaroo
- ▶ Poultry such as chicken and turkey
- ▶ Fish such as sardines, salmon and tuna
- ▶ Wholegrain bread
- ▶ Iron rich breakfast cereals
- ▶ Baked beans, dried peas, beans, lentils
- ▶ Green leafy vegetables
- ▶ Dried fruit, eggs and peanut butter

Vitamin C

Eating foods high in vitamin C at the same time as iron rich foods helps your body absorb more iron.

Foods high in vitamin C include:

- ▶ Citrus and tropical fruits
- ▶ Berries
- ▶ Vegetables

Calcium

Dairy foods are the best sources of calcium. Everyone needs two or three serves of dairy every day. One serve of calcium is:

- ▶ 1 cup of milk or calcium enriched soy milk
- ▶ 1 small tub of yoghurt
- ▶ Two slices of cheese.

Smart Eating Habits

Wash hands before eating

Hand washing is one of the most effective ways to keep lead out of our bodies. Make sure the children always wash their hands before eating.

Drink plenty of water

Rainwater from water tanks looks and smells like clean water but can still contain lead. Avoid drinking it or using it to prepare or cook food.

Eating on the floor

It is best to sit children at the table or put babies in a high chair. If the children do sit on the floor - or on the ground outside - put down a clean sheet, towel or blanket first, to keep lead dust or dirt out of the food and off their hands.

Regular small healthy snacks

A tummy full of healthy food protects children from lead harm.



Breakfast is the most important meal of the day

A child who doesn't eat breakfast can absorb up to seven times more lead than a child who does eat breakfast.

Eat plenty of washed fruit and vegetables

Always wash fruit and vegetables before eating them - especially if grown at home.

Eating Smart means eating less fat

High fat foods cause your body to absorb more lead. Try to eat less of things like butter, cream, takeaway food, cakes and chocolate.

Watch out for Pica

Pica is the habit of eating non-food items, such as soil and paint flakes. If your child shows signs of doing this, please contact Child and Family Health, Maari Ma or your doctor as soon as possible.

Children with **healthy diets absorb less lead.**
A healthy diet has lots of **iron, vitamin C and calcium.**

For Lead Safe healthy recipes, check out the Healthy Eating For You and Your Family Booklet.