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Dietary Intakes of Copper, Iron, Manganese, and Zinc for Ukrainians

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Abstract:

Daily intakes of four essential trace elements (Cu, Fe, Mn, and Zn) in Ukrainian subjects were estimated in relation to the health effects on habitants after the Chernobyl accident. Two hundred and sixty-eight diet samples were collected from twenty-five oblasts (regions) using a duplicate portion method. The elements were determined by inductively coupled plasma atomic emission spectrometry (ICP-AES). For Ukrainians, median daily intakes of Cu, Fe, Mn, and Zn were 0.695, 7.87, 2.28, and 6.57 mg per person, respectively. The intakes of Cu, Fe, Mn, and Zn in Ukrainians were approximately two times lower than worldwide reported values.

Key words: copper, iron, manganese, zinc, dietary intake, Ukrainian, Chernobyl accident



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