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ONLINE ISSN : 1880-1404

PRINT ISSN : 0916-717X

Biomedical Research on Trace Elements

Vol. 16 (2005) , No. 4 306-310



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Dietary mineral intakes for Ukrainian subjects living areas contaminated by the Chernobyl accident

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(Accepted: October 16, 2005)

Abstract:

Daily intakes of twelve elements in Ukrainian subjects were estimated in relation to the health effects on habitants after the Chernobyl accident. Total diets were collected from one hundred twenty-three locations for children and adult males by a duplicate portion method. Elements were determined by inductively coupled plasma atomic emission spectrometry (ICP-AES) or inductively coupled plasma mass spectrometry (ICP-MS). Geometric mean and median (in parentheses) of daily intake in Ukrainians are as follows: Co 10.3 (9.83) μ g; Cu 0.688 (0.701) mg; Zn 5.73 (5.44) mg; Mn 2.26 (2.28) mg; Fe 8.15 (7.25) mg; Rb 2.74 (2.58) mg; Mg 0.210 (0.219) g; Ca 0.584 (0.606) g; P 0.839 (0.815) g; K 2.80 (2.75) g; and Na 3.76 (3.57) g. The intakes of Cu, Mn, and Zn in Ukrainians were lower than those of Japanese and worldwide reported values.

Key words: [mineral](#), [dietary intake](#), [Ukrainian](#), [Chernobyl accident](#), [health effects](#)



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Kunio SHIRAISHI, Susumu KO, Sarata Kumar SAHOO, Hideki Arae, Kyoko Ayama,
Pavlo V. ZAMOSTYAN, Nikolay Y. TSIGANKOV, Ivan P. LOS and Vitaly N.

KORZUN, "Dietary mineral intakes for Ukrainian subjects living areas contaminated by the
Chernobyl accident", Biomedical Research on Trace Elements, Vol. **16**, pp.306-310 (2005) .

JOI JST.JSTAGE/brte/16.306

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