

Mineral Intake by Low Income Group Women in Sewage and Tubewell Irrigated Areas around Ludhiana City (Punjab)

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ABSTRACT A dietary survey was carried out on women (20-40 years) of low income group from sewage and tubewell irrigated area (50 each) around Ludhiana city. Food sample from all the subjects were collected and analysed for minerals. Data revealed that the intake of Pb, Cd and Ni in sewage irrigated area was 3-6 times than in tubewell irrigated area. Dietary lead intake by subjects of sewage irrigated area was slightly more than maximum tolerable limits while dietary Cd was more than four times the maximum tolerable limits. Intake of calcium and zinc by subjects of sewage irrigated area was less as compared to that of tubewell irrigated area while intake of iron, copper and manganese was higher by the women in sewage irrigated area. Lead, cadmium, nickel, iron and copper content of water in sewage irrigated area was almost twice as compared to tubewell irrigated area while zinc content was almost same in the two areas. Dietary intake of Ni, Fe and Ca was positively associated with green leafy vegetable consumption.