

Assessment of Heavy Metals Intake Among School Girls of an Industrial Town of Punjab

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ABSTRACT Heavy metals intake among school girls in the age group of 7-9 years residing in the industrial and countryside of Ludhiana (Punjab) was assessed. Food and water were the major determinants for heavy metals intake. The intake of lead, nickel and zinc was significantly high in the respondents of the industrial area ($P < 0.05$). The intake of hexavalent chrome through water was within the safe limits for both the area groups, however, the intake of Cr^{6+} by the respondents from industrial area was significantly higher ($P < 0.01$). The retention of lead was significantly higher in the urine and hair of the children of industrial area ($P < 0.01$); whereas the retention of element lead and cadmium in blood were found significantly high ($P < 0.05$).