

ASSESSMENT OF FOOD INTAKE AND ERITROCYTARY ZINC IN
PRESCHOOLER CHILDREN UNDER A FOOD IRON SUPPLEMENTATION
PROGRAMME

MICHELAZZO, F.¹; MAIHARA, V. A.²; FISBERG, M.³ e COZZOLINO,
S. M. F.¹

¹ Departamento de Alimentos e Nutrição experimental -
Faculdade de Ciências Farmacêuticas, Universidade de São
Paulo. Av. Prof. Líneu Prestes, no.580, Bl.14, Cidade
Universitária - SÃO PAULO/ SP - BRASIL. TEL: 55.11.8183625
FAX: 55.11.8154410

² Divisão de Radioquímica - Instituto de pesquisas
energéticas e nucleares, Universidade de São Paulo.

³ Disciplina de Nutrição e Metabolismo - Departamento de
Pediatría, Universidade Federal de São Paulo/ Escola
Paulista de Medicina.

Aiming to verify possible changings (alterations) on
nutritional status related to Zinc, 109 children (3-5
years old) under a food iron supplementation programme
from day-nurseries in the city of São Paulo, had their
zinc eritrocyte concentration and intake evaluated.
Dietary intake and blood had been taken in two differents
stages - pre and post supplementation, with a gap of
three months. Total dietary zinc offered to the children
was 5,3 (\pm 0,4) mg/day, and 15,7 (\pm 4,2) and 10,8 (\pm 3,9)
mg/day of iron, fortified diet or not, respectively;
analised by neutrons activation method. Eritrocytary zinc
was analised on a atomic absortion spectrophotometer,
resulting in 33,6 (\pm 9,1) (pre supplementation stage) and
36,0 (\pm 10,0) (post supplementation stage). The obtained
results show that the iron supplementation, via fortified
food did not interfere in the nutritional status in
relation to zinc. However zinc level was deficient to the
age, as stated by Gibson (42,2 μ g Zn/g Hb) to children
over 6 months old.

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