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Study on the selenium intake of Korean women

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The purpose of this study was to investigate dietary selenium intake of Korea women. Duplicate meals were collected from 70 women adults residing in rural area(Yeju, Kyunggi-do, n=34) and urban area(Kangbuk, Seoul, n=36) to assess the dietary selenium intake. Diet samples were collected from the participants and samples included three meals(breakfast, lunch and supper), snacks, drinks(alcohol or soft, even frsh water if taken)and whatever the participants had eaten for 24 hours. The collected diets were blended and freeze dried. They were calculated total diet weight and moisture content. The selenium content in the diet was determined by atomic absorption spectrophotometer with hydride formation system after nitric-perchloric acid wet digestion. The intake of selenium ranged from 1.2 to 104.1 $\mu\text{g}/\text{day}$ and its mean value was $40.1 \pm 19.7 \mu\text{g}/\text{day}$ (mean \pm SD). There was significant difference between two groups: $44.9 \pm 19.1 \mu\text{g}/\text{day}$ for urban area and $35.1 \pm 19.3 \mu\text{g}/\text{day}$ for rural area($p < 0.05$). The intake total diet including all snacks and drinks was $2191.5 \pm 478.6 \text{ g}/\text{day}$ for urban area and $2512.9 \pm 510.0 \text{ g}/\text{day}$ for rural area.