Determination of trace elements in hair from Tanzanian children: Effect of dietary factors

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Abstract

The objective of this study was to evaluate the concentrations of essential and toxic elements in hair of children in Tanzania in order to assess their nutritional status. 141 samples of hair from boys and girls living in Tanzania were analyzed using instrumental neutron activation analysis (INAA). The mean concentration levels of Zn and Cu were lower whilst those of other elements were in the same range as the hair elemental concentrations reported in the literature. The lower concentrations of Zn might be related to the diet of mainly cereals with low animal proteins consumed by most of the Tanzanian population

Keywords: