The elemental analysis of staple foods for children in Tanzania as a step to the improvement of their nutrition and health

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Abstract

The objective of this study was to evaluate the contents of essential elements in the two staple foods (rice and maize flour) consumed by children in Tanzania as a possible selection measure for high nutrient foods in order to combat malnutrition. Samples were analysed using proton-induced X-ray emission (PIXE) at the University of Surrey Ion Beam Centre. The mean concentrations of elements determined in the two staple foods are presented and compared with the mean concentrations published in the literature.

Keywords: