بررسی نقش عناصر کمیاب در علوم محيط زیست و تغذیه

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خلاصه:

هدف: بررسی نقش عناصر کمیاب در علوم محيط زیست و تغذیه

نتایج: نتایج نشان داد است که در کشورهای توسعه‌یافته با پیشرفت منظم در بیماری‌های غذایی، مشکلات ناشی از کمبود عناصر مختلف را مطرح می‌سازند. بر اساس این امر، مطالعات توانسته‌اند با استفاده از اجزای غذایی و علوم محيط زیستی است. تجربیات گروهی: یکی از بهترین راه‌کارها که در زمینه جهان مادران انجام گرفته است

کلید واژگان: عناصر کمیاب، سلامت رشدی، محیط زیست، تغذیه و غذایی
The role of trace elements in environmental and nutrition sciences

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Abstract:

Background: Today, one of the universal debates related to human health problems is caused by the lack of the essential elements. Many researchers suggest that metals such as zinc and selenium deficiency extensively affect on human’s health (particularly on physical growth) worldwide.

Materials and Methods: Different age groups, especially children and adolescents during the critical developmental ages are more vulnerable to fluctuations of deficiency of this essential element in the body. Most of these problems are evident in developing countries. The nutritional issues are not tracked seriously, while developed countries with continuous improvements in the food industry have been able to use the correct pattern for each age group to eliminate the problems caused by lack of nutrients. And it’s the evolution of such a combination between food science and environmental science.

Results: Perhaps the best solution is suggested that for amends of lacking of these elements, is adding these elements in foods of these vulnerable groups. For example, in many developing countries standardized Zinc is added on children and adolescents snacks.

Conclusion: In order to compensate the shortcomings in this group. It has also been observed in other elements such as iron.

Keywords: Trace elements, Developmental health, Environment, food industries.