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Cadmium intake in women from the University of Aveiro, Portugal – a duplicate diet study

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Abstract

Cadmium (Cd) is a non-essential metal widespread in the environment, to which humans are exposed through different routes, being food consumption the most important one. It is considered an endocrine disruptor that is associated with estrogen-dependent diseases with women being particularly susceptible. In order to assess the exposure to this metal through diet intake in premenopausal women, levels of Cd were quantified in 7-days duplicate diet samples provided by 23 women working or studying at University of Aveiro, Portugal. Cd was detected in all analyzed samples with concentrations ranging between 0.007 and 0.21 μg g^{-1} ww (median: 0.009 μg g^{-1} ww).