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[Lycopene intake by different aged women groups].

[Article in Polish]

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Abstract

The aim of the study was to estimate dietary intake of lycopene by the group of 100 women, from Central Poland, in different age <30 years, 30-50 years, >50 years (mean age 49 +/- 16 years) and main sources of lycopene. The study was carried out in the year 2006 (June-July) with the use of 4-day dietary food records. The lowest intake of lycopene was noted in the youngest group--4.17 mg/person/day, the highest intake in the oldest group--4.88 mg/person/day. The main sources of lycopene in food rations were tomato products (50.6%) and fresh tomatoes (43.5%). Tropical fruit delivered 5.2% of lycopene, other fruit and vegetable juices only 0.7%. Intakes of products, sources of lycopene, depended on age of women and were statistically significant in case of tomato, watermelon, pink grapefruit, and tomato products: ketchup, liquid tomato sauces, liquid tomato soups, tomato juice.

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