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DETERMINATION OF IRON EXTRACTION FROM A “LUCKY FISH” IRON BY ATOMIC ABSORPTION SPECTROSCOPY

Iron is an essential element but dietary sources of iron not may not always be available depending on location and type of nutrition. “Lucky Fish” is marketed as a method to increase dietary iron intake in soups and stews. (C. Cole, MD Document #1488: May 2014.why-is-iron-important). The “Lucky Fish” is an iron casting and in the directions it is boiled for 10 minutes in 1L of water to which 2-3 drops of acidity like lemon juice has been added. The amount of iron extracted using these directions and local water was quantified using Atomic Absorption Spectroscopy. Results will be presented and compared to those from a cast iron pan.

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