

A TRADITIONAL RECIPE TO MINIMIZE THE ARSENIC BURDEN OF COOKED RICE

M. K. Sengupta, M. A. Hossain, A. Mukherjee, S. Ahamed, B. Das, B. Nayak, A. Pal & D. Chakraborti*.

*School of Environmental Studies, Jadavpur University, Kolkata-700032, India
e-mail: dcoesju@vsnl.com*

* Corresponding Author.

ABSTRACT

Arsenic contamination of rice owing to the use of contaminated groundwater for irrigation and arsenic in the soil poses a threat of dietary exposure to population dependent on subsistence rice-diets. Applying three major rice cooking procedures followed globally, here we demonstrate, cooking contaminated rice with low-As water, following the traditional method of the Indian subcontinent, eliminates maximum amount of (upto 57%) of the total arsenic from raw rice, significantly reducing the risk of arsenic ingestion through contaminated rice grains.