

## CHAPTER VI

### CONCLUSION

Zinc and copper are trace elements necessary for growth and development. Rice, glutinous rice, millet and corn were analysed for zinc and copper by flame and flameless atomic absorption respectively. The data obtained from the present study revealed the importance of rice, glutinous rice and corn as good dietary sources of zinc but not of copper. The levels of zinc, copper and zinc to copper ratio represented by millet from this study indicated it could be a good dietary source of both zinc and copper. As cereals accumulate trace elements from soil, fertilizer, water and other environmental contaminations, it should be of interest to consider these factors in regulating zinc and copper contents in cereals. The contents of zinc and copper in cereals are important for those who consume cereals as staple food. The role of zinc, copper or zinc to copper ratio in cereals significant in affecting cholesterol metabolism remains to be studied.