

重庆市北碚地区食用菌重金属含量情况调查与分析*

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摘要 :采集北碚的主要食用菌样品,分析其重金属平均含量表明,铅 > 镉 > 汞 > 砷,低于国标,说明重金属含量总体上是安全的。但是,10%样品的铅含量和2%样品的汞含量超过国标,全部样品的砷含量均低于国标。食用菌重金属的平均总含量大部分符合国家卫生标准的要求。此外,食用菌的重金属含量呈现出冬季最高的趋势,这种现象可能与环境中的重金属本底值有关。值得注意的是,食用菌重金属含量的变异系数极大,说明环境条件、品种和栽培技术影响食用菌的重金属含量。选择环境条件好,采用优良品种,改革栽培技术能降低食用菌的重金属含量。

关键词 :食用菌 ;重金属 ;卫生标准

中图分类号 :Q939.9

文献标识码 :A

文章编号 :1672-669X(2007)01-0081-05

Investigation and Analysis of Heavy Metals in Edible Fungi Collected from Chongqing Beibei

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Abstract :The samples of edible fungi were collected from different areas in Beibei and analyzed for Concentration of heavy metals. The mean contents showed Pb > Cd > Hg > As and were lower than the regulated criteria of China and suggest the edible fungi safe for human health in general. The concentrations of Pb in 10% of samples and Concentration of Hg in 2% of samples were, however, over and above the regulated criteria, respectively. And the concentration of As were much lower than the regulated criteria. The average total contents of heavy metal were lower than the regulated criteria in most of samples. Moreover, the variation of heavy metal concentration in edible fungi tends to have the highest figure in winter. It is supposed that this phenomenon is related with the backgrounds of heavy metals in environments. It is necessary to point out that variation coefficients of heavy metal concentration in edible fungi were quite large, occurred from the effects of environment, edible fungi species and cultivation. It is necessary to decrease them by selection of good varieties and carry on the improvement of cultivation in unpolluted environments.

Key words :edible fungi ;heavy metal ;regulated criteria

在“土壤—植物—食用菌—人”的食物链中,食用菌处于较高的位置。由于食用菌以植物材料为生产原料,食用菌的重金属含量一般高于粮食和蔬菜等植物性食品,甚至也可能高于动物性食品^[1-3]。当土壤和水体遭受重金属污染时,植物体内的重金属

含量可能增加,食用菌重金属含量则可能进一步提高。因此,在食品安全方面,食用菌的重金属含量是不可忽略的问题。目前尚不完全清楚我国食用菌重金属含量的基本情况和富集程度,以及它们与生产原料和环境条件的关系,致使人们难于了解食用菌

* 收稿日期 2006-05-10

资助项目 重庆市科委基金项目(020205)

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