Abstract

Background: In recent years enteroparasitosis have had a considerable increase due to several factors, among which stands out the inadequate environmental sanitation and drinking water shortages, which produce wastewater reuse by farmers, becoming one of the factors of contamination for a variety of foods, including vegetables, which when consumed in raw mostly, is an important element in the transmission of enteric and other disease-causing agents. Objective: To identify enteric contamination in lettuce.

Methods: It was a cross-sectional descriptive study, which analyzed the samples by the technique of Alvarez, et al., amended by Traviezo, et al., from 67 outlets of the 9 municipalities of Lara state, Venezuela. Results: There were 11 species of intestinal parasites, namely: Blastocystis sp., Endolimax nana, Entamoeba coli, Entamoeba histolytica/E. dispers, Iodamoeba bütschlii, Giardia lamblia, Balantidium coli, Chilomastix mesnili, Ascaris lumbricoides, Ancylostoma sp., and Strongyloides sp., the most frequent Strongyloides sp. and Blastocystis sp., 9 and 8 respectively contaminated samples. The municipalities with the highest percentage of contaminated lettuce were Urdaneta (71%), Jimenez (60%) and Torres (60%) and those with higher parasite diversity were Moran, Crespo and Andres Eloy Blanco with five species each. Conclusion: It supports the need for pre-washing before consumption of vegetables. They are rich in minerals and vitamins, therefore they are necessary for good nutrition.

Keywords

Lettuce, Parasites, Contamination.