
ABSTRACT

Due to insufficient clean water resources, wastewater is largely used for irrigation of vegetables and fruits in many developing countries like Pakistan. As a result of this study, vegetables in spite of providing nutrients also accumulate toxic metals and causes health risks. Four samples of spinach were collected from the different areas like Kasur, Ravi River and Shahdara, Lahore for this study. The heavy metals such as Copper (Cu), Cadmium (Cd), Chromium (Cr), Lead (Pb) and Zinc (Zn) and there concentrations were analyzed by using Atomic Absorption Spectrometer (AAS). The results of my study showed that the concentration of Cu was high in sample 2. Cd concentration was high in sample 2 and 3. Cr concentration was high in sample 1, 2 and 4. Pb concentration was recorded higher in sample no 2 and 4. And Zn concentration was in permissible limits set by WHO in all the compounds.