

FIGURE 1.3 Iodine concentration (µg/100 g) and antioxidant activity (IC₅₀) in cabbage hybrids.

estimation of soil and water was undertaken on the assumption that the iodine content of the water was related in some way to the iodine content of the plant. Since cabbages consists of leaves, the soaked water is evaporated from the leaves of the plants and hence, the iodine is concentrated in the leaves. The range of the iodine content in water, soil and cabbages in the Middle Hill region was 1.10 to 1.36 µg/100 g, 3.46 to 7.72 µg/100 g and 1.59 to 7.41µg/100 g, respectively (Figure 1.4).

Food, soil and water are necessary for all forms of life. Some ingredients in soil and water play an important role in human development. Iodine has long been

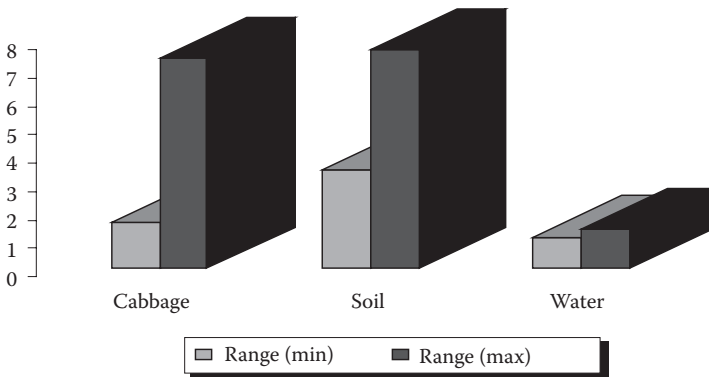


FIGURE 1.4 Iodine content in cabbage, soil and water.