

recognised as an essential micronutrient for humans and livestock. Among the most common causes of iodine deficiency is the intake of iodine deficient food. Cabbage is rich in iodine. On the basis of this study, the above-cited iodine deficiency can be cured by introducing an appropriate amount of cabbage in regular diet. Besides the many iodine supplements available on the market, cabbage can be used as one of the cheapest and richest sources of iodine.

There were significant differences in all qualitative characters studied among the hybrids grown in the Middle Hill climatic conditions of the western Himalayas (Table 1.6). The β -carotene ($\mu\text{g}/100\text{ g}$) among hybrids ranged from 80.71 to 220.71. Hybrid Quisto exhibited the highest levels of β -carotene (220.71), while hybrid Krishna had the lowest levels (80.71). The provitamin A ranged from 14.42 to 37.52 RE/100 g. Provitamin A (RDA%) ranged from 1.37 to 3.75.

The value of sodium ($\text{mg}/100\text{ g}$) ranged from 19.53 to 70.21. Highest sodium was found in hybrid DARL-801 followed by Cabbage Hy 2 and Cabbage Hy 3. Potassium ($\text{mg}/100\text{ g}$) ranged lowest from 375.50 in Cabbage Hy 3 and highest in Cabbage Hy 1 (733.60). Mineral Calcium ($\text{mg}/100\text{ g}$) ranged from 71.42 to 214.26. Hybrid Speed 50 exhibited the maximum calcium content (214.26) followed by Cabbage Hy 2 (142.84).

The value of zinc ranged from 1.55 to 3.70 $\text{mg}/100\text{ g}$. Hybrid Cabbage Hy 4 exhibited the highest zinc content (5.75 $\text{mg}/100\text{ g}$) followed by SIR (3.70 $\text{mg}/100\text{ g}$). The maximum manganese content was exhibited by Cabbage Hy No. 1 (6.05 $\text{mg}/100\text{ g}$) followed by Cabbage Hy 3 (2.75 $\text{mg}/100\text{ g}$). Regarding copper content ($\text{mg}/100\text{ g}$), Cabbage Hy 2 was the highest-performing (6.85 $\text{mg}/100\text{ g}$) followed by DARL-801 (5.20 $\text{mg}/100\text{ g}$). Iron content varied from 4.50 to 28.55. DARL 801 exhibited the highest iron content (28.55 $\text{mg}/100\text{ g}$) followed by DARL 802 (22.25 $\text{mg}/100\text{ g}$).

1.3.1 CONSUMPTION TIPS

1. Smaller size heads are tastier. It is advisable to choose from smaller varieties when buying cabbage.
2. Always buy cabbages with a complete head. Avoid buying precut cabbage that is either halved or precut. After cutting, it begins to lose its nutrient contents.
3. Keep the cabbage refrigerated in a perforated plastic bag to prevent the loss of vitamin C.
4. Cabbage consumption may cause gas formation or flatulence in some people, especially when cooked. In this case, add turmeric powder or season with cumin seeds.
5. Cabbage is commonly used to prepare sauerkraut, which is a fermented product.
6. Cabbage can be freeze-dried or canned after shredding, but these products have a lower quality than fresh products.
7. Cabbage soup is helpful for losing weight. A substance in cabbage inhibits the conversion of sugar and other carbohydrates into fat, which proffers a painless way of dieting.