FATE OF IODINE DURING COOKING OF SOME SRI LANKAN LEAFY VEGETABLES

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Iodine is an important trace element whose deficiency in food a water leads to iodine deficiency disorders in human being including goitre[1]. Hence, the need to determine the fate iodine content in different items of food especially duri cooking. Here, we report some preliminary data obtained in o effort to understand the effect of cooking on the iodine content.

The sample was subjected to wet digestion and the iodine conte was determined colorimetrically[2] based on the iodide catalys reaction of the Ce^{4+} by As^{3+}.

The iodine content was determined in Basella alba (Niviti) leav collected from three different areas, namely Horana (3.921 ± 0. µg/100 g wet wt.), Boralasgamuwa (4.004 ± 0.1 µg/100 wet wt) a Nugegoda (4.053 ± 0.1 µg/100 g wet wt.). This study reveal that there is no significant difference in the iodine content Basella alba obtained from the aforesaid areas.

A tender branch of Basella alba was analysed to assess the iodi content, commencing from the most tender leaf to the mo matureleaf. The iodine content did not vary significantly wi the maturity of the leaf. The iodine content of the stem w lower than that of the leaves.

The fate of iodine during cooking, was studied by boiling Basel alba in water for 10 minute and determining the iodine content two minutes intervals. The iodine content in the leaves we found to decrease with increase in the period of boiling, where the cooking liquor became progressively richer in its iodi content. Preparation of a traditional niviti curry al exhibited similar behaviour.

Similar studies carried out on Ipomoea aquatic (Kankun) Trianthema monogyna (Hin-sarana), Alternanthena sessil (Mukunuwenna) and Amaranthus viridis (Kurathampala) showed th the iodine content in the leaves decreased with increase cooking time.

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