

A-45: Iodide content of some common food articles

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Iodine is an essential micro nutrient whose recommended dietary requirement is 150 μg per day. However, this amount of iodine is reported to be insufficient for Sri Lankans, due to losses during processing and cooking of food.

The main objective of this study was to identify iodine rich, common local food articles, that could be used to overcome iodine deficiency among Sri Lankans.

Food articles selected comprised of cereals [parboiled rice, raw rice (*Oryza sativa*), pulses (cowpea, (*Vigna unguiculata*), mung bean (*Phaseolus mungo*)] and vegetables (egg plant (*Solanum melongena*), gotukola (*Centella asiatica*), knol khol leaves (*Brassica oleracea*), mukunuwenna (*Alternanthera sessilis*), radish (*Raphanus sativus*), yellow pumpkin leaves (*Cucurbita maxima*). These were homogenized, in triplicate, in distilled water and the filtrates of the homogenates were analysed for their iodide concentrations, using the iodide-selective ion electrode method.

The highest iodide level was in knol khol leaves with $23.54 \pm 0.17 \mu\text{g/g}$ of edible portion, whilst the lowest was in parboiled rice with $0.22 \pm 0.00 \mu\text{g/g}$. Pulses, Cowpea and Mung bean, had relatively high levels, with 20.32 ± 0.23 and $19.37 \pm 0.07 \mu\text{g/g}$ of edible portion, respectively.