**A Comparison of Iron Content in Different Varieties of Leafy Vegetables As Determined Colorimetrically**

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Iron plays an important role in forming complexes with molecular oxygen in haemoglobin and myoglobin. Iron deficiency is the most common nutritional deficiency in vegetarians.

In the present study iron content in leaves of spinach, turnip, radish and lettuce are analysed using colorimetry.

The result showed that turnip leaves contain high iron content whereas the least iron content is observed in lettuce.

1. Dubey, R.; Bende, N.; Harod, M.; *Int. J. Chem. Phy. Sci.;* **2015**; 4(1): 137-146