

Abstract:

Changes in total phenolics and antioxidant activity of iceberg lettuce were investigated during storage at 4 °C for two weeks. The outer, middle part and core of the lettuce leaves were sampled for analysis of total phenolics and antioxidant activity. At day 0 total phenolics in the core were 4.5 and 4.2 times higher than the outer part and middle parts respectively, while the antioxidant activity in the core was 3.9 and 3.6 times higher than the outer and middle parts, respectively. Total phenolics in the outer and middle parts significantly increased by 25.0% and 23.3% during storage, while the antioxidant activity also significantly increased by 25.5% and 22.8%, respectively. The antioxidant activity in the core increased and then declined with storage, while total phenolics demonstrated a similar trend.