

**Independent Study Title** A Comparative Study of Nutritional and Amount in Green Lettuce from Organic and Conventional Plant Based

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### **ABSTRACT**

The health benefits of consuming organic compared to conventional cabbage are unclear. This study aimed at evaluating the nutrient and contaminant of organic versus conventional cabbage.

Objectives: To ascertain possible nutritional quality differences of leafy cabbage looking at supplement substance of organic and conventional products use statistical methods to identify significant differences in the data.

Design: Published comparative measurements of organic and conventional nutrients content were gone into a database for count. For every organic to-conventional examination, a percent distinction was computed:

$$(\text{Organic} - \text{Conventional}) / \text{Conventional} \times 100.$$

For nutrients where there was sufficient information, the t-test was used to identify significant differences in nutrient content as represented by the percent difference.

Results: Conventional harvests contained significantly more dietary fiber, soluble dietary fiber and insoluble dietary fiber, Vitamin C, B-carotene, Calcium, Nitrite and

significant less Phosphorus, Nitrate than Organic yields. There were nonsignificant patterns of *Escherichia coli* and *Salmonella* spp.

Conclusions: There have all the earmarks of being certified contrasts in the supplement substance of organic and conventional harvests.

**Keywords:** Conventional/Organic/Vitamin C/B-carotene/Calcium/Nitrate/Phosphorus, *Escherichia Coli*/*Salmonella* spp.

