

## Changes of mineral contents in the soybean and spinach

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### Abstract

This study was investigated the changes of mineral (K, Ca, Mg, Fe, Zn) contents owing to breed, producing area in the soybean and spinach. Samples of soybean were collect from iwate prefecture, other prefecture and foreign country. In the soybean of iwate prefecture, the protein contents were little difference and the mineral contents varied with breed of the products from same producing area, and also, among the producing area.

In the mineral contents of spinach in iwate prefecture produce, there were recognized that difference owing to producing area and cultivated seasons. Contents of K, Mg and Zn of the spinach cultivated in November were more than those in the June.