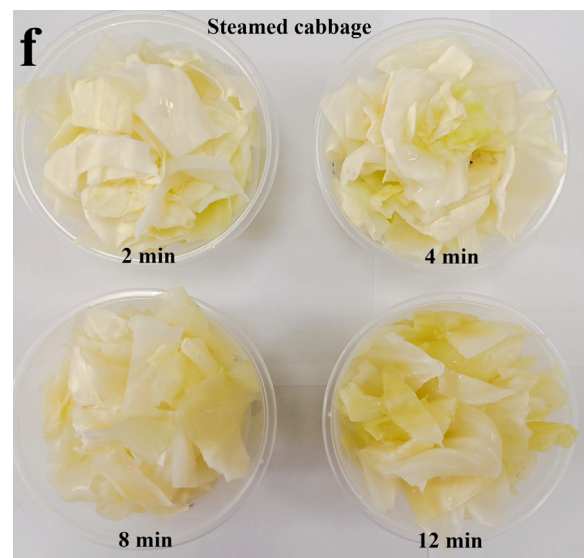
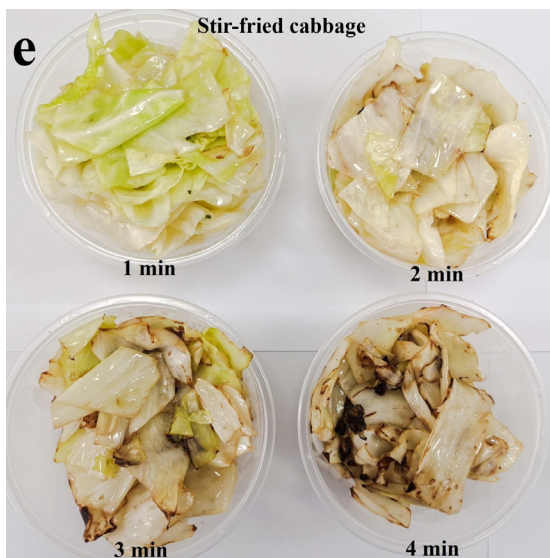
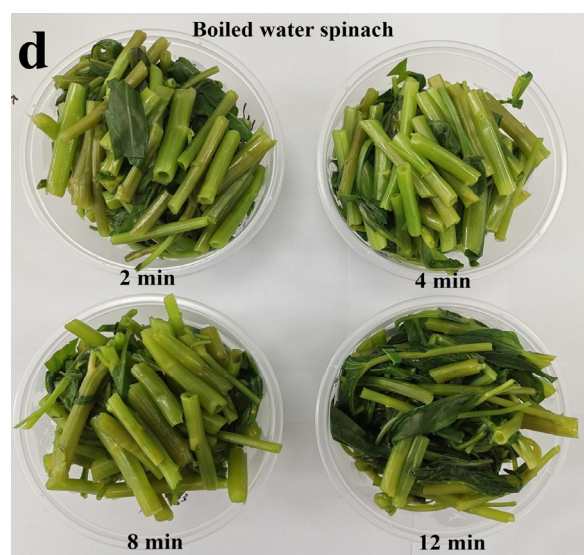
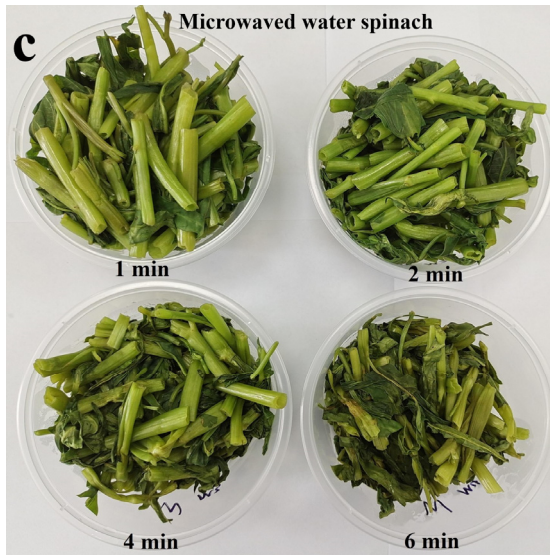
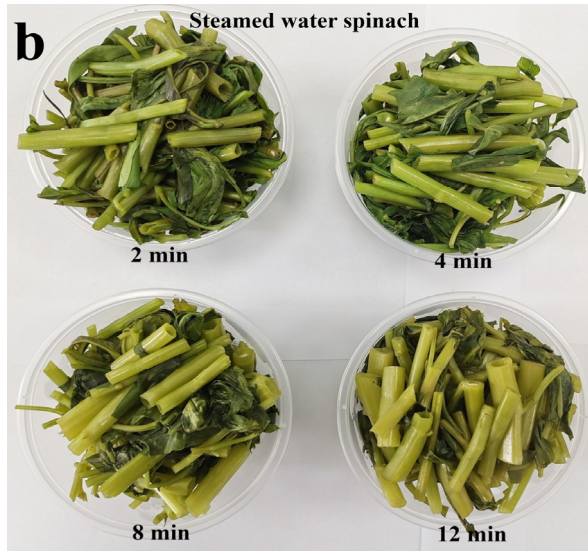
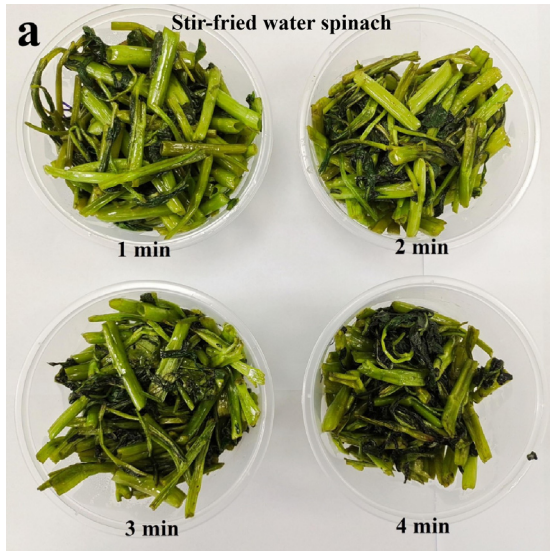


## Supplementary materials



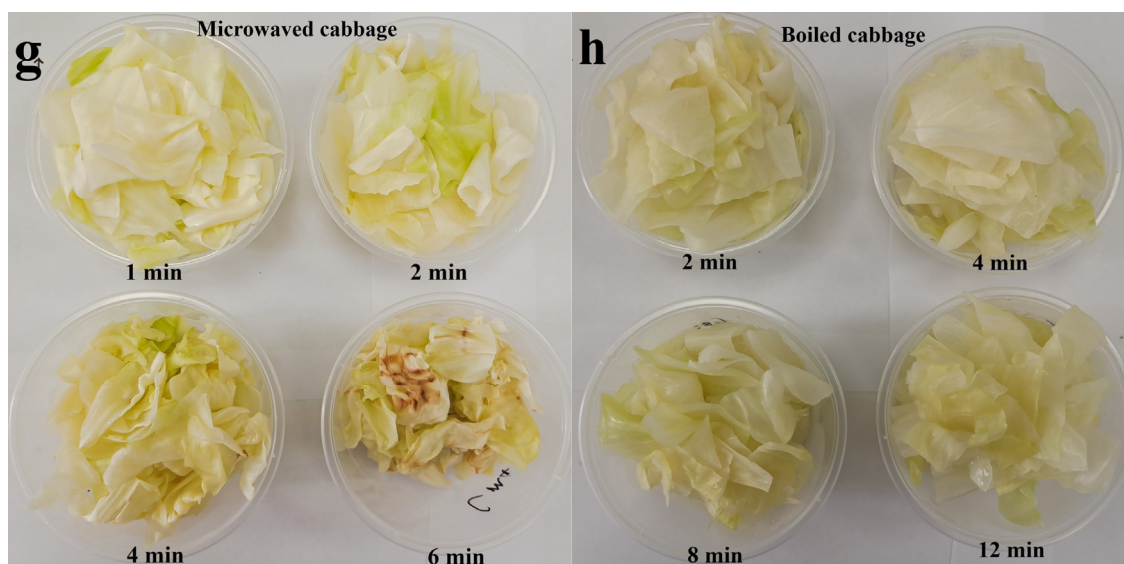


Figure S1: Apparent state of leafy vegetables after cooking for different time. (a): Stir-fried water spinach; (b): Steamed water spinach; (c): Microwaved water spinach; (d): Boiled water spinach; (e): Stir-fried cabbage; (f): Steamed cabbage; (g): Microwaved cabbage; (h): Boiled cabbage.

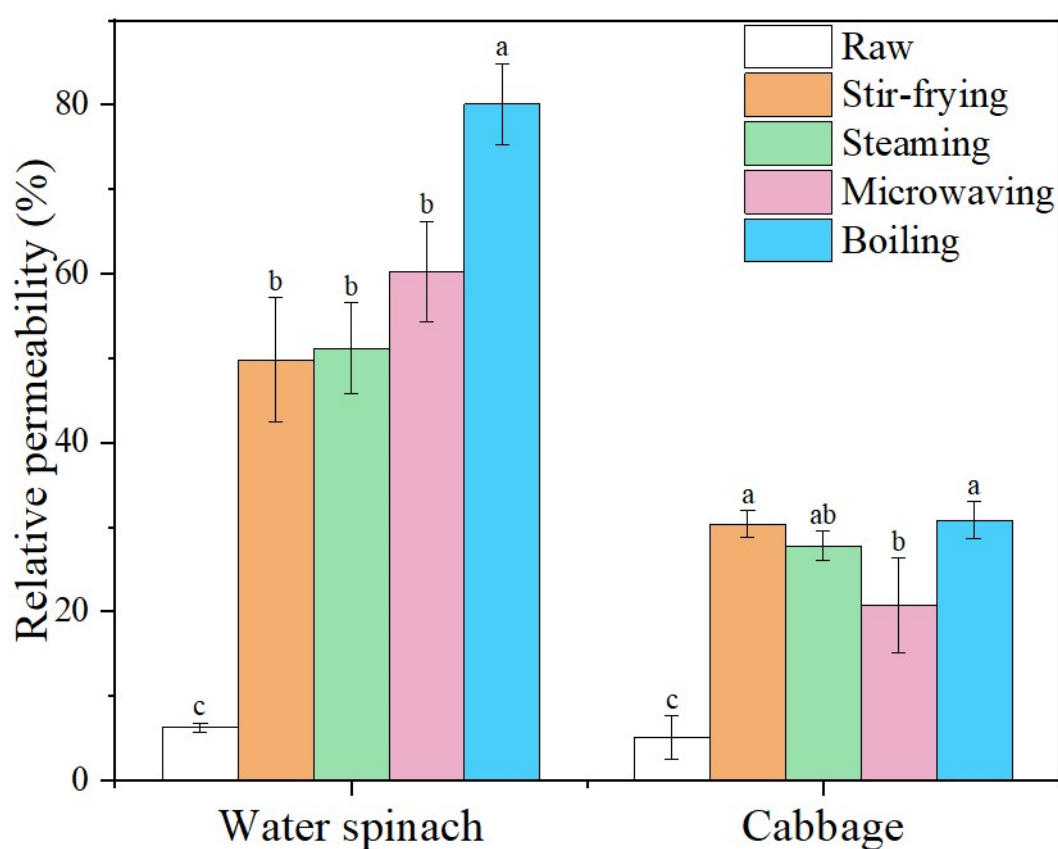


Figure S2: Membrane permeability of leafy vegetables after cooking. a–c: letters a, b, c indicate values that not differ significantly from values bearing the same letter, but are significantly different to values without the same letter. ( $p < 0.05$ ,  $n = 4$ )



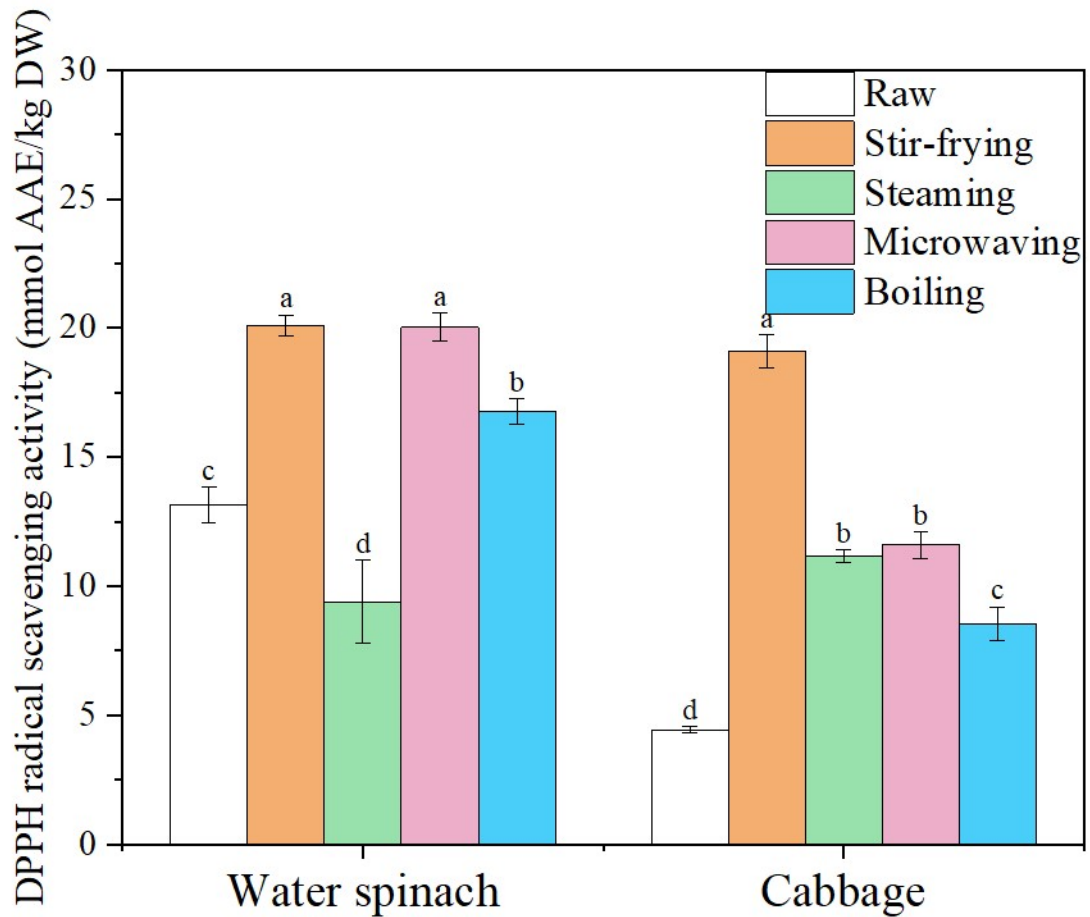


Figure S3: The effect of cooking process on DPPH radical scavenging activity of vegetables. a-d: letters a, b, c, d indicate values that not differ significantly from values bearing the same letter, but are significantly different to values without the same letter. ( $p < 0.05$ ,  $n = 4$ )

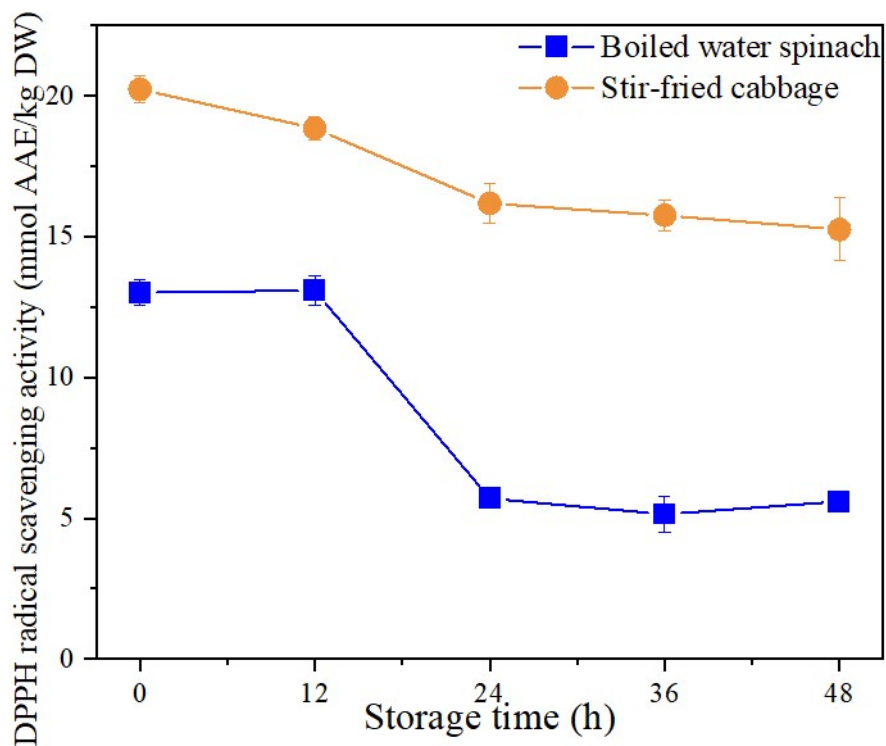


Figure S4: DPPH radical scavenging activity of leafy vegetables during storage.