

| Nutritional value of vegetables and fruit 1985-1996-2002 | | | | | | |
|---|------------|-------------|-------------|---------------------|-------------|---------------------|
| Minerals in mg and vitamins per 100g | | 1985 | 1996 | 1996 vs 1985 | 2002 | 2002 vs 1985 |
| Broccoli | Calcium | 103 | 33 | -68% | 28 | -73% |
| | Folic acid | 47 | 23 | -51% | 18 | -62% |
| | Manganese | 26 | 22 | -15% | 11 | -58% |
| Beans | Calcium | 56 | 34 | -39% | 22 | -61% |
| | Folic acid | 39 | 34 | -13% | 30 | -23% |
| | Manganese | 26 | 22 | -15% | 18 | -31% |
| | Vitamin B6 | | | | | |
| Potatoes | Calcium | 14 | 4 | -71% | 3 | -79% |
| | Manganese | 27 | 18 | -33% | 14 | -48% |
| Carrots | Calcium | 37 | 31 | -16% | 28 | -24% |
| | Manganese | 21 | 9 | -57% | 6 | -71% |
| Spinach | Calcium | 62 | 19 | -69% | 15 | -76% |
| | Vitamin C | 51 | 21 | -59% | 18 | -65% |
| Apples | Vitamin C | 5 | 1 | -80% | 2 | -60% |
| Bananas | Calcium | 8 | 7 | -13% | 7 | -13% |
| | Folic acid | 23 | 3 | -87% | 5 | -78% |
| Strawberries | Manganese | 31 | 27 | -13% | 24 | -23% |
| | Vitamin B6 | 330 | 27 | -92% | 18 | -95% |
| | Calcium | 21 | 18 | -14% | 12 | -43% |
| | Vitamin C | 60 | 13 | -78% | 8 | -87% |

Source: 1985 / 1996 / 2002 Pharmaceutical Company Geigy, Nutrition Laboratory Karlsruhe / Sanatorium Obertal

| Loss of nutrition value in vegetables and fruits 1940-1991 | |
|---|--|
| Nutrient | Loss between 1940-1991 |
| Potatoes | -35% Calcium -45% Iron -47% Copper -30% Manganese |
| Spring Onion | -74% Calcium |
| Broccoli (cooked) | -46% Iron -75% Copper |
| Rutabaga | -71% Iron |
| Spinach (cooked) | -60% Iron -96% Copper |
| Watercress | -93% Copper |
| Carrots | -48% Calcium -75% Manganese |

R.A. McCance and E.M. Widowson (1940) for the Medical Research Council, UK; 1991: UK Agriculture and Fisheries and Royal Society of Chemistry