

THE DIMINISHING NUTRITIONAL VALUE OF AUSTRALIAN-GROWN FRUIT AND VEGETABLES

Comparison between 1948 and 1991 by the CSIRO

DESCRIPTION	FOOD VALUE	1948	1991	DECREASE
Artichoke 100g	Magnesium	2.72 mg	1.7 mg	37.5%
	Calcium	43.5 mg	29 mg	33.3%
Asparagus	Calcium	25.8 mg	10 mg	61.2%
Butter beans	Protein	19.2%	2.3%	88.0%
Broccoli	Magnesium	160 mg	29 mg	81.9%
Carrots	Sodium	95 mg	41 mg	56.8%
	Beta Carotene	25000 i.u.	9 i.u.	99.96%
Potatoes	Potassium	650 mg	450 mg	30.8%
	Calcium	27 mg	3 mg	88.9%
	Iron	2 mg	0.5 mg	75.0%
Apples	Vitamin C	25 mg	5 mg	80.0%