

# Minerals

## Changes in Mineral and Vitamin Content

Excerpts from *The Healing Power of Minerals: Special Nutrients & Trace Elements* by Paul Bergner

### Change in Content - Apple

	<b>1963</b>	<b>1992</b>	<b>%Change</b>
Calcium	7mg	7mg	0.00
Iron	0.3mg	0.18mg	-40.00
Magnesium	8mg	5mg	-37.50
Phosphorus	10mg	7mg	-30.00
Potassium	110mg	115mg	+4.55
Vitamin A	90 IU	53IU	-41.11
Vitamin C	4mg	5.7mg	+42.50

Per 100 grams. Source USDA 1963 & 1997

## Change in Content Carrots

	<b>1963</b>	<b>1992</b>	<b>%Change</b>
Calcium	37mg	27mg	-27.03
Iron	0.7mg	0.5mg	-28.57
Magnesium	23mg	15mg	-34.78
Phosphorus	36mg	44mg	+22.22
Potassium	341mg	323.mg	-5.28

Per 100 grams. Source USDA 1963 & 1997

## Change in Content Tomatoes

	<b>1963</b>	<b>1992</b>	<b>%Change</b>
Calcium	13mg	5mg	-33.33
Iron	0.50mg	0.45mg	-25.71
Magnesium	14mg	11mg	-22.92
Phosphorus	27mg	24mg	-19.82
Potassium	244mg	222mg	-3.57

Per 100 grams. Source USDA 1963 & 1997

## Change in Content Broccoli

	<b>1963</b>	<b>1992</b>	<b>%Change</b>
Calcium	103mg	48mg	-53.40
Iron	1.10mg	0.88mg	-20.00
Magnesium	24mg	25mg	+4.17
Phosphorus	78mg	66mg	-15.38
Potassium	382mg	325mg	-14.92

Per 100 grams. Source USDA 1963 & 1997

## Change in Content Romaine Lettuce

	<b>1963</b>	<b>1992</b>	<b>%Change</b>
Calcium	68mg	36mg	-47.06
Iron	1.4mg	1.1mg	-21.43
Magnesium	n/a	6mg	n/a
Phosphorus	25mg	45mg	+80.00
Potassium	264mg	290mg	+9.85

Per 100 grams. Source USDA 1963 & 1997

## Change in Content White Rice

	<b>1963</b>	<b>1992</b>	<b>%Change</b>
Calcium	24mg	9mg	-62.50
Iron	94mg	108mg	+14.89
Magnesium	0.8mg	0.8mg	0.00
Phosphorus	92mg	86mg	-6.52
Potassium	28mg	35mg	+25.00

Per 100 grams. Source USDA 1963 & 1997

## Change in Content – Ground Beef

	<b>1963</b>	<b>1992</b>	<b>%Change</b>
Calcium	10mg	8mg	-20.00
Iron	2.7mg	1.73mg	-35.93
Magnesium	17mg	16mg	-5.88
Phosphorus	156mg	130mg	-16.67
Potassium	236mg	228mg	-3.39
Vitamin A	40IU	0	-100.00
Thiamine	0.080mg	0.038mg	-52.50
Riboflavin	0.160mg	0.151mg	-5.63
Niacin	4.30mg	4.48mg	+4.19

Per 100 grams. Source USDA 1963 & 1997

## Change in Content – Chicken

	<b>1963</b>	<b>1992</b>	<b>%Change</b>
Calcium	12mg	10mg	-16.67
Iron	1.30mg	1.03mg	-20.77
Magnesium	23mg	23mg	0.00
Phosphorus	203MG	198MG	-2.46
Potassium	285mg	238mg	-16.49
Vitamin A	150IU	45IU	-70.00
Thiamine	0.100mg	0.069mg	-31.00
Riboflavin	0.120mg	0.134mg	+11.67
Niacin	7.70mg	7.87mg	+2.21

Per 100 grams. Source USDA 1963 & 1997

## Mineral Content Decline

	<u>Mineral</u>	<u>1914</u>	<u>1948 (avg)</u>	<u>1992</u>
Cabbage	Calcium	248mg	38.75mg	47mg
	Magnesium	66mg	29.6mg	15mg
	Iron	1.5mg	5.7mg	0.59mg
Lettuce	Calcium	265.5mg	38.5mg	19mg
	Magnesium	112.mg	31.2mg	9mg
	Iron	94mg	26.25mg	0.5mg
Spinach	Calcium	227.3mg	71.75mg	99mg
	Magnesium	122mg	125.4mg	79mg
	Iron	64mg	80.15mg	2.7mg

Per 100 grams. Source USDA 1963 & 1997, Lindlaar 1914

## Change in Content Composite Data – 1914-1992

	<b>%Change</b>
Calcium	-29.82
Iron	-32.00
Magnesium	-21.08
Phosphorus	-11.09
Potassium	-6.48

Composite data on oranges, apples, bananas, carrots, potatoes, corn, tomatoes, celery, romaine lettuce, broccoli, iceberg lettuce, collard greens and chard.

Per 100 grams. Source Lindlaar 1914 & 1992