

# THE DIMINISHING NUTRITIONAL VALUES OF AUSTRALIAN GROWN FRUIT AND VEGETABLES

Comparison between 1948 and 1991 by the C.S.I.R.O.

Description	Food Value	1948	1991
Artichoke	Magnesium	27.2mg	17mg
	Calcium	43.5mg	29mg
Asparagus	Calcium	25.8mg	10mg
Butter beans	Protein	19.2%	2.3%
Broccoli	Magnesium	160mg	29mg
Carrots	Sodium	95mg	41mg
	Beta carotene	as high as 25,000 IU	as low as 91 IU
Potatoes	Potassium	650mg	450mg
	Calcium	27mg	3mg
	Iron	2mg	.5mg
Apples	Vitamin C	25mg	5mg

These startling decreases in the nutritional values over the 43 year period are stark evidence that the quality and effectiveness of fertilisers we are using are incapable of keeping up with our frequency of cropping.