

Change in the content of micronutrients in vegetables and fruits

The B3 (NIACIN) content of 100g food



The magnesium content of 100g food



Vitamins and minerals per 100 g of food per milligram content	Mineral material	1985	1996	Difference
Broccoli	Calcium	103	33	minus 68%
	Folic Acid	47	23	minus 52%
	Magnesium	24	18	minus 25%
Beans	calcium	56	34	minus 38%
	Folic Acid	39	34	minus 12%
	Magnesium	26	22	minus 15%
	B6-Vitamin	140	55	minus 61%
Potatoes	Calcium	14	4	minus 70%
	Folic Acid	27	18	minus 33%
	C-Vitamin	20	25	plus 25%
Carrot	Calcium	37	31	minus 17%
	Folic Acid	21	9	minus 57%
Spinach	Magnesium	62	19	minus 69%
	B6-Vitamin	200	82	minus 59%
	C-Vitamin	51	21	minus 58%
Banana	Calcium	8	7	minus 12%
	Folic Acid	23	3	minus 84%
	Magnesium	31	27	minus 13%
	B6-Vitamin	330	22	minus 92%
Strawberry	Calcium	21	18	minus 14%
	Magnesium	12	13	plus 8%
	C-Vitamin	60	13	minus 67%

Source: Black Forest Sanatorium in 1996, and the Swiss-Geigy Group's 1985 study

The calcium content of 100g food



The foods commonly occurring calcium deficiency in several other factors such as vitamin D, iron deficiency foods do much to contribute to osteoporosis (the osteoporosis) disease in a dramatic increase in the real epidemic formation 1960-ies around for 130 thousand osteoporotic patients were registered in 2005 already this number exceeded 1.2 million.

Some diseases caused by the lack of vitamins:

- Night blindness (Vitamin A deficiency)
- Beri-beri (Vitamin B1 deficiency)
- Pernicious anemia (Vitamin B12 deficiency)
- Skorbut (Vitamin C deficiency)
- Angolkór (Vitamin D deficiency)
- Coagulation disorders (Vitamin K deficiency)

The main reason: People look for nice things that's what plant breeders notice. Reason the improvement is that the producer has less and less money for fertilizer.