

viewpoint

Troubling Trends

from the USDA Nutrient Database

USDA Nutrient Data for Eggs

	1975	2004	Percent change
Water	73.7%	75.8%	+3%
Calcium, mg	131	128	-2%
Iron, mg	5.6	4.45	-20%
Phosphorus, mg	498	464	-7%
Sodium, mg	296	340	+15%
Riboflavin, mg	0.7	1.16	+66%
Vit. A, IU	2,870	1,183	-59%

USDA Data for Wheat Germ

	1975	2004	Percent change
Calcium, mg	50	39	-22%
Iron, mg	8.3	6.3	-24%
Phosphorus, mg	1,169	842	-24%
Potassium, mg	950	892	-6%
Thiamin, mg	1.8	1.9	+5%
Riboflavin, mg	0.8	0.5	-38%
Niacin, mg	5.0	6.8	+36%

Iron (Milligrams per 100 grams)

	1975	2004	Percent change
Apples	0.3	.12	-60%
Blueberries	1.0	.28	-72%
Onions	0.5	.19	-62%
Tomatoes	0.5	.45	-10%
Carrots	0.7	.30	-57%
Green Beans	0.8	1.04	+30%
Spinach	3.1	2.71	-13%
Corn	0.7	.52	-26%
Peas	1.9	1.47	-23%
Broccoli	1.1	.73	-33%
Kale	2.7	1.70	-37%
Strawberries	1.0	.42	-58%

Why you need it: Iron helps carry oxygen to your body's tissues, including your muscles.

Calcium (Milligrams per 100 grams)

	1975	2004	Percent change
Apples	7	6	-14%
Blueberries	15	6	-60%
Onions	27	22	-18%
Tomatoes	37	33	-11%
Green Beans	56	37	-33%
Spinach	93	99	+6%
Corn	3	2	-33%
Peas	26	25	-4%
Broccoli	103	47	-54%
Kale	249	135	-46%
Strawberries	21	16	-24%

Why you need it: Calcium is a primary nutrient for building strong teeth and bones. It also helps muscles, including the heart, contract.

Vitamin C (Milligrams per 100 grams)

	1975	2004	Percent change
Apples	4	4.6	+15%
Blueberries	14	9.7	-31%
Onions	10	6.4	-36%
Tomatoes	23	26.0	+13%
Carrots	8	5.9	-26%
Potatoes	20	11.4	-43%
Green Beans	19	16.3	-14%
Spinach	51	28.1	-45%
Corn	12	6.8	-44%
Peas	27	40.0	+48%
Broccoli	113	89.2	-21%
Kale	186	120.0	-35%
Strawberries	59	59.0	0%

Why you need it: This potent antioxidant neutralizes free radicals that can cause cellular damage. It also helps make collagen, a tissue needed for healthy teeth, bones, gums and blood vessels.

Vitamin A (Intl. Units per 100 grams)

	1975	2004	Percent change
Apples	90	54	-40%
Blueberries	100	54	-46%
Onions	40	2	-95%
Tomatoes	900	623	-31%
Carrots	11,000	12,036	+9%
Green Beans	600	690	+15%
Spinach	8,100	9,377	+16%
Corn	400	1	-400%
Peas	640	765	+20%
Broccoli	2,500	660	-74%
Kale	10,000	15,376	+53%
Strawberries	60	12	-80%

Why you need it: Vitamin A promotes eye health, stimulates white blood cells, and regulates cell growth and division. This vitamin also helps keep skin, hair and nails healthy.