



VARIATIONS IN MINERAL CONTENT IN VEGETABLES

(firman E.Baer Report, Rutgers University)



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Percentage of Dry Weight			Miliequivalents per 100 g dry weight				Trace Elements (parts per million dry matter)				
	Total ash of mineral content	Phosphorus	Calcium	Magnesium	Potassium	Sodium	Boron	Manganese	Iron	Copper	Cobalt
SNAP BEANS											
Organic	10.45	0.36	40.50	60.00	99.70	8.60	10.45	60	227	69	0.26
Inorganic	4.04	0.22	15.50	14.80	29.10	0.00	4.04	2	10	3	0.00
CABBAGE											
Organic	10.38	0.38	60.00	43.60	148.30	20.40	10.38	13	94	48	0.15
Inorganic	6.12	0.18	17.50	15.60	53.70	0.80	6.12	2	20	0.40	0.00
LETTUCE											
Organic	24.48	0.43	71.00	49.30	176.50	12.20	24.48	169	516	60	0.19
Inorganic	7.01	0.22	16.00	13.10	53.70	7.01	7.01	1	9	3	0.00
TOMATOES											
Organic	14.20	0.35	23.00	59.20	148.30	6.50	14.20	168	1938	53	0.63
Inorganic	6.07	0.16	4.50	4.50	58.80	0.00	6.07	1	1	0	0.00
SPINACH											
Organic	28.50	0.52	96.00	203.90	257.00	69.50	28.50	117	1584	32	0.25
Inorganic	12.38	0.27	47.50	46.90	64.60	0.80	12.38	1	19	0.50	0.20