

Food Nutritional Loss

Are you getting enough - NUTRITION?

Minerals & Vitamins mg per 100 grams		1985	1996	2002	Difference 85 / 1996	Difference 85 / 2002
Broccoli	Calcium	103	33	28	-68%	-73%
	Folic Acid	47	23	18	-52%	-62%
	Magnesium	24	18	11	-25%	-55%
Beans	Calcium	56	34	22	-38%	-51%
	Folic Acid	39	34	30	-12%	-23%
	Magnesium	26	22	18	-15%	-31%
	Vitamin B6	140	55	32	-61%	-77%
Potatoes	Calcium	14	4	3	-70%	-78%
	Magnesium	27	18	14	-33%	-48%
Carrots	Calcium	37	31	28	-17%	-24%
	Magnesium	21	9	6	-57%	-75%
Spinach	Magnesium	62	19	15	-68%	-76%
	Vitamin C	51	21	18	-58%	-65%
Apples	Vitamin C	5	1	2	-80%	-60%
Bananas	Calcium	8	7	7	-12%	-12%
	Folic Acid	23	3	5	-84%	-79%
	Magnesium	31	27	24	-13%	-23%
	Vitamin B6	330	22	18	-92%	-95%
Strawberries	Calcium	21	18	12	-14%	-43%
	Vitamin C	60	13	8	-67%	-87%
CAUSE – Soil without nutrition, air pollution, fast growing crops, long term storage and transport time.						
<i>STUDIES Bron: 1985 Farmaceutisch Bedrijf Geigy (Switzerland). 1996 to 2002 Levensmiddelen Laboratorium Karlsruhe /Sanatorium Oberthal.</i>						

Average LOSS of Nutrients – 57%

If you want some of the best nutrition with some of the lowest calories yet only €2 per meal, have a look at or try a delicious Formula 1 Shake.

With a range of flavours (Vanilla, Chocolate, Strawberry, Tropical Fruits, Cappuccino, and Cookies and Cream) and at only 220 calories, you can get of your RDA:



Formula 1 Shake 26g mixed with semi-skimmed milk	European Recommended Daily Allowance (RDA)	Equivalent to:
Vitamin A	47%	120g Cheddar Cheese
Vitamin C	29%	100g Cooked Cabbage
Vitamin D	50%	50g Canned Tuna
Vitamin E	51%	50g Roasted Cashew Nuts
Vitamin B6	33%	100g Cooked Lentils
Vitamin B12	154%	2 Raw Eggs
Calcium	52%	80g Tofu
Zinc	32%	85g Cooked Crab
Magnesium	18%	248ml Carrot Juice
Iron	38%	155g Grilled Steak
Potassium	n/a	100g Boiled Soya Beans
Copper	n/a	1 Avocado
Selenium	n/a	90g Grilled Liver
Fibre	20%	4 Slices Whole Meal Bread



Are you **REALLY**
getting enough
NUTRITION?