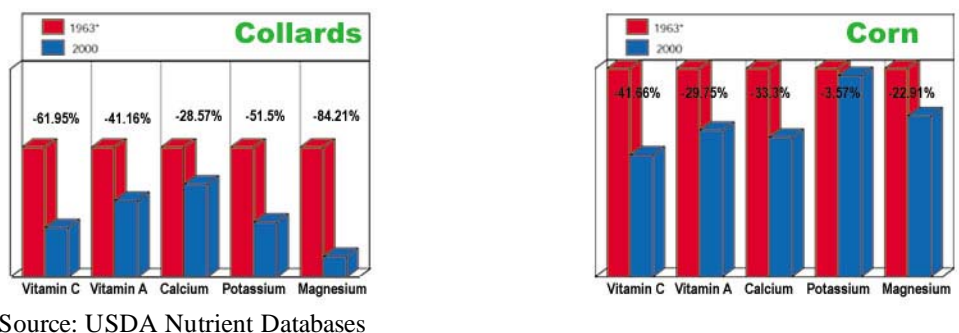


- Raw, steam, stir-fry, boil or microwave?
  - Raw is best – retains almost 100%
  - Steaming and stir-fry– lose 11% of nutrients
  - Boiling – lose 66% of nutrients
  - Microwaving – lose 74-97% of nutrients
  - Source: *Journal of the Science of Food and Agriculture, 2003*
- Today’s inorganic produce has lower nutrient content than 40-50 years ago because soil conditions are depleted
- “When comparing the content of 43 crops for 13 nutrients, scientists found that the average decline ranged from 6% to 38%” –
- Health Magazine, July 2005, *Fruits and Vegetables aren’t as nutritious as they used to be*

### Change in nutrient content of Collards and Corn 1963 – 2000



- Many fruits and vegetables lose up to 80% of their nutrition within a few days of picking
  - “Once you take [fruits and vegetables] off the vine, they immediately go into a decay process.” The cell membranes begin to break down, releasing enzymes that cause vitamins and phytochemicals to degrade. The process is irreversible. –
  - Barbara Klein, PhD, Professor Emeritus, *University of Illinois at Urbana-Champaign*
  - “Time itself is your biggest nutritional enemy...For example, after 8 days of storage at 40°, fresh spinach loses almost ½ of it’s folate”
  - Penn State University Researchers
- Fruits and vegetables are the most important foods for good health
  - “The news isn’t that fruits and vegetables are good for you. It’s that they’re so good for you that they could save your life.”
  - David Bjerklie, *Time Magazine*, Oct. 20, 2003
- The USDA now recommends 7-13 fruit and vegetable servings a day for both adults and children
  - “The push to step up produce consumption is fueled by a growing body of evidence that fruits and vegetables offer even more health benefits than previously understood.”
  - CDC