

Refractive Index of Crop Juices -- Calibrated In % Sucrose Or °Brix

	Poor	Average	Good	Excellent
FRUITS				
Apples	6	10	14	18
Avocados	4	6	8	10
Bananas	8	10	12	14
Blueberries	8	12	14	18
Cantaloupe	8	12	14	16
Casaba	8	10	12	14
Cherries	6	8	14	16
Coconut	8	10	12	14
Grapes	8	12	16	20
Grapefruit	6	10	14	18
Honeydew	8	10	12	14
Kumquat	4	6	8	10
Lemons	4	6	8	12
Limes	4	6	10	12
Mangos	4	6	10	14
Oranges	6	10	16	20
Papayas	6	10	18	22
Peaches	6	10	14	18
Pears	6	10	12	14
Pineapple	12	14	20	22
Raisins	60	70	75	80
Raspberries	6	8	12	14
Strawberries	6	8	12	14
Tomatoes	4	6	8	12
Watermelons	8	12	14	16
GRASSES				
Alfalfa	4	8	16	22
Grains	6	10	14	18
Sorghum	6	10	22	30

Within a given species of plant, the crop with the higher refractive index will have a higher sugar content, higher mineral content, higher protein content and a greater specific gravity or density. This adds up to a sweeter tasting, more minerally nutritious food with lower nitrate and water content, lower freezing point, and better storage attributes.

	Poor	Average	Good	Excellent
VEGETABLES				
Asparagus	2	4	6	8
Beets	6	8	10	12
Bell Peppers	4	6	8	12
Broccoli	6	8	10	12
Cabbage	6	8	10	12
Carrots	4	6	12	18
Cauliflower	4	6	8	10
Celery	4	6	10	12
Corn Stalks	4	8	14	20
Corn (Young)	6	10	18	24
Cow Peas	4	6	10	12
Cucumbers	2	3	4	5
Endives	4	6	8	10
English Peas	8	10	12	14
Escarole	4	6	8	10
Field Peas	4	6	10	12
Garlic, Cured	28	32	36	40
Green Beans	4	6	8	10
Hot Peppers	4	6	8	10
Kale	8	10	12	16
Kohlrabi	6	8	10	12
Lettuce	4	6	8	10
Onions	4	6	8	10
Parsley	4	6	8	10
Peanuts	4	6	8	10
Potatoes	3	5	7	8
Potatoes, Sweet	6	8	10	14
Romaine	4	6	8	10
Rutabagas	4	6	10	12
Spinach	6	8	10	12
Squash	6	8	12	14
Sweet Corn	6	10	18	24
Turnips	4	6	8	10

www.growyourownnutrition.com
 This chart was originally developed by Dr. Carey Reams

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The Quest for Nutrient Dense Foods

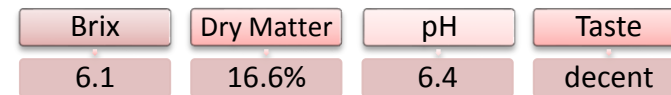


Grocery Store Beans



Garden Beans

We analyzed fresh green beans from our garden and compared them to fresh green beans purchased from a local market. Interestingly, the garden beans were planted in early autumn. Growing conditions were not ideal and we barely got the beans harvested before the plants froze out.



Nutritional Quality - Comparison of Store vs Garden Beans

Nutrient	USDA	%DV	Store	Garden	%DV
Protein	1.8 g	4%	1.76 g	3.34 g	7%
Calcium	37 mg	4%	70 mg	130 mg	13%
Magnesium	25 mg	6%	30 mg	50 mg	13%
Phosphorous	38 mg	4%	40 mg	80 mg	17%
Potassium	209 mg	6%	190 mg	580 mg	17%
Copper	0.1 mg	3%	0.1 mg	0.4 mg	20%
Iron	1.0 mg	6%	1.3 mg	2.1 mg	12%
Zinc	0.2 mg	2%	0.72 mg	2.3 mg	15%
Manganese	0.2 mg	11%	0.29 mg	0.35 mg	18%

