

Leading Russian scientists note that in 25-30 years the consumption of essential macro- and micronutrients has decreased, since it is very difficult to get from natural foods in modern conditions.

Products (100 g)	Vitamins and Minerals (mg)	1985	2005	Difference (%)
Broccoli	Calcium	103	11	-89,0%
	Magnesium	24	14	-41,7%
	Phosphorus	47	11	-76,6%
Beans	Calcium	56	21	-62,5%
	Magnesium	26	19	-26,9%
	Phosphorus	39	30	-23,1%
	Vitamin B6	140	21	-85%
Potatoes	Calcium	14	1	-92,9%
	Magnesium	27	12	-55,6%
Carrot	Calcium	37	26	-29,7%
	Magnesium	21	4	-80,9%
Spinach	Magnesium	62	6	-90,3%
	Vitamin C	51	9	-82,4%
Apples	Vitamin C	5	0,2	-96,0%
Bananas	Calcium	8	6	-25,0%
	Magnesium	31	17	-45,2%
	Phosphorus	23	0,5	-97,8%
	Vitamin B6	330	147	-55,5%
	Potassium	420	249	-40,7%
Strawberry	Calcium	21	15	-28,6%
	Vitamin C	60	4	-93,3%

Johnson D. The Optimal Health Revolution. – Manjul Publishing House Pvt. Ltd., 2009. – 360 r.

\* Spirichev V.B. Food fortification with vitamins and minerals. Science and technology / V.B. Spirichev, L.N. Shatnyuk, V.M. Poznyakovsky; under total ed. V.B. Spiricheva. - Novosibirsk: Sib. univ publishing house, 2004. - 548 p., il. Khotimchenko S.A., Spirichev V.B. Micronutrients - the most important factor of balanced nutrition // Gynecology. – 2002. – Tome 04. – № 3