








Frukt och grönt – vad har hänt?

	Mineraler och vitaminer mg. pr. 100 gram	1985	1996	Skillnad
	Kalcium	103	33	Minus 68%
	Folsyra	47	23	Minus 52%
	Magnesium	24	18	Minus 25%
	Kalcium	56	34	Minus 38%
	Folsyra	39	34	Minus 12%
	Magnesium	26	22	Minus 15%
	Vitamin B6	140	55	Minus 61%
	Kalcium	14	4	Minus 70%
	Magnesium	27	18	Minus 33%
	Vitamin C	20	25	Pluss 25%
	Kalcium	37	31	Minus 17%
	Magnesium	21	9	Minus 57%
	Magnesium	62	19	Minus 68%
	Vitamin B6	200	82	Minus 59%
	Vitamin C	51	21	Minus 58%
	Kalcium	8	7	Minus 12%
	Folsyra	23	3	Minus 84%
	Magnesium	31	27	Minus 13%
	Vitamin B6	330	26	Minus 92%
	Kalcium	21	18	Minus 14%
	Magnesium	12	13	Pluss 8%
	Vitamin C	39	13	Minus 67%

WADA
think positive, test negative

The World Anti-Doping Agency (WADA) promotes and coordinates, at international level, the fight against doping in all its forms.