

Fig. 9 Mg Has Declined in Wheat & Vegetable Crops Over the Past 35+ Years

Decline in Food Crop Mg Contents

References	Crop	% decline
Fan et al. 2008	Wheat - pre-1965 to post-1968	19.6%
Ficco et al. 2009	Wheat – pre-1974 to post-1974	12.4%
Murphy et al. 2008	Wheat – pre-1965 to post 2004	7%
USDA tables	Wheat grain – 1930's to 1989	23% - 29%
UK Tables	Wheat Flours – 1942 to 1978	7 to 16%
White & Broadley 2005	English Vegetables – 1930s to 1980s	18 - 19%
Mayer 1997	English Vegetables	23 – 35%
Rosanoff 2012	USA Vegetables 1940s to 2011	15%

Source: Rosanoff, A. 2012 Changing crop magnesium concentrations: impact on human health