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Is Your Produce Losing Its Health Power?

Are all of the produce today losing its health power? Well, it turns out it is. The produce today is not as healthy as it was 50 years ago. Here are nine simple ways to keep your produce healthy.

While we've been dutifully eating our fruits and vegetables all these years, a strange thing has been happening to our produce. It's losing its nutrients. That's right: Today's conventionally grown produce isn't as healthful as it was 30 years ago—and it's only getting worse. The decline in fruits and vegetables was first reported more than 10 years ago by English researcher Anne-Marie Mayer, PhD, who looked at the dwindling mineral concentrations of 20 UK-based crops from the 1930s to the 1980s.

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