

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

	Poor	Average	Good	Excellent
<b>FRUITS</b>				
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
<b>GRASSES</b>				
Alfalfa	4	8	16	22
Grains	6	10	14	18
Sorghum	6	10	22	30

	Poor	Average	Good	Excellent
<b>VEGETABLES</b>				
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

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.



# The Quest for Nutrient Dense Foods



**Grocery Store Beans**



**Garden Beans**

In response to critics of the Brix=Quality concept, at HighBrixGardens, we analyzed fresh green beans from our garden and compared them to fresh green beans purchased from a local market.

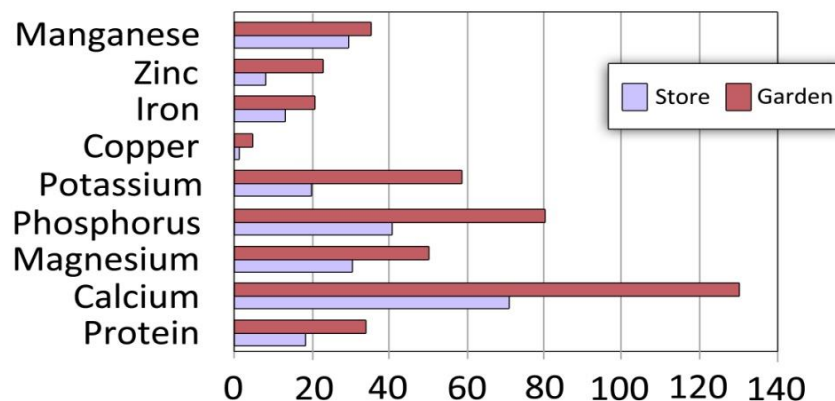
Brix	Dry Matter	pH	Taste
4.2	8.1%	5.5	garbage

Brix	Dry Matter	pH	Taste
6.1	16.6%	6.4	decent

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. The units in the chart below vary, but they are per 100 grams. Notice that the garden beans are consistently higher in minerals and protein.

## Nutritional Quality - Comparison of Store vs Garden Beans

For the complete results and analysis of the green beans see: <http://www.highbrixgardens.com/nutrient-dense-foods.html>



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*This chart was originally developed by Dr. Carey Reams*