

Changes in Nutrient Content of Beef and Chicken *Per 100 Grams*



Beef, Ground



Chicken

Nutrient	1963	1992	%Change	1963	1992	%Change
Calcium	10.000mg	8.000mg	-20.00	12.000mg	10.000mg	-16.67
Iron	2.700mg	1.730mg	-35.93	1.300mg	1.030mg	-20.77
Magnesium	17.000mg	16.000mg	-5.88	23.000mg	23.000mg	0.00
Phosphorus	156.000mg	130.000mg	-16.67	203.000mg	198.000mg	-2.46
Potassium	236.000mg	228.000mg	-3.39	285.000mg	238.000mg	-16.49
Vitamin A	40.000IU	0.000	-100.00	150.000IU	45.000IU	-70.00
Thiamine	0.080mg	0.038mg	-52.50	0.100mg	0.069mg	-31.00
Riboflavin	0.160mg	0.151mg	-5.63	0.120mg	0.134mg	+11.67
Niacin	4.300mg	4.480mg	+4.19	7.700mg	7.870mg	+2.21