

# HUMIDITY

## Weight Loss Comparison Chart

| Produce Item            | Typical Daily Weight Loss | Daily Weight Loss with 90+% R. Humidity | Reduction in Weight Loss | Change in Appearance |
|-------------------------|---------------------------|---|--------------------------|----------------------|
| <b>Carrots</b>          | 4.65%                     | 1.61%                                   | <b>65.38%</b>            | Substantial          |
| <b>Lettuce</b>          | 7.05%                     | 0.92%                                   | <b>86.95%</b>            | Dramatic             |
| <b>Broccoli</b>         | 7.55%                     | 0.75%                                   | <b>90.07%</b>            | Substantial          |
| <b>Cabbages</b>         | 1.39%                     | 0.28%                                   | <b>79.86%</b>            | Noticeable           |
| <b>Cauliflowers</b>     | 2.04%                     | 0.41%                                   | <b>79.90%</b>            | Noticeable           |
| <b>Radishes</b>         | 5.88%                     | 2.94%                                   | <b>50.00%</b>            | Dramatic             |
| <b>Brussels Sprouts</b> | 3.47%                     | 1.54%                                   | <b>55.62%</b>            | Noticeable           |
| <b>Lemons</b>           | 1.17%                     | 0.36%                                   | <b>69.23%</b>            | Very Minor           |
| <b>Oranges</b>          | 0.45%                     | 0.22%                                   | <b>51.11%</b>            | Very Minor           |
| <b>Grapefruits</b>      | 0.64%                     | 0.21%                                   | <b>67.19%</b>            | Noticeable           |
| <b>Grapes</b>           | 1.46%                     | 0.73%                                   | <b>50.00%</b>            | Noticeable           |
| <b>Celery</b>           | 3.08%                     | 1.29%                                   | <b>58.12%</b>            | Substantial          |
| <b>Artichokes</b>       | 4.05%                     | 0.58%                                   | <b>85.68%</b>            | Noticeable           |

\*Study conducted by Miatech Inc. Clackamas, OR, USA, 2003



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