

## BRIX Comparison Chart

	Poor	Average	Good	Great
<b>Fruits</b>				
Apples	6	10	14	18
Avocados	4	6	8	10
Bananas	8	10	12	14
Blueberries	10	14	16	20
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	10	14	16
Tomatoes	4	6	8	12
Watermelon	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	Great
<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
Cucumber	4	6	8	12
Endive	4	6	8	10
English Peas	8	10	12	14
Escarole	4	6	8	10
Field Peas	4	6	10	12
Green Beans	4	6	8	10
Hot Peppers	4	6	8	10
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, Irish	3	5	7	8
Potatoes, Red	3	5	7	8
Potatoes, Sweet	6	8	10	14
Romaine	4	6	8	10
Rutabagas	4	6	10	12
Squash	6	8	12	14
Sweet Corn	6	10	18	24
Turnips	4	6	8	10

BRIX is a measure of total sugars, minerals and other dissolved nutrients in juice. The more ripe and nutrient dense, the higher the reading! Check your produce and see how it compares.

This Chart was originally developed by Dr. Carey Reams.