

# Introducing the amazing **NutriMeter™**

Here's a quick, simple way to measure and **find, buy, sell or grow good food** – just add a few drops of juice and look through the eye piece.

Australian farmers (and globally) have been using this device for the past 70 years to improve their soils by monitoring the quality/nutrient density of their produce.

The Nutrimeter measures objectively the density of all dissolved nutrients - sugars, salts, minerals and other nutrients in any fresh produce, incl. eggs.

The best objective measure of produce, food and beverage for the past 200 years – according to food scientists.



From \$40\*, incl. 1 yr Subs Access to FindGoodFood, to 450 variety Ratings

**Testing as simple as**

**3**

**4**

Grade	
Orange	6 Poor
	10 Fair
	16 Good
	20 Great ✓

## High NDI

(Nutrient Density Index = BRIX)

= **Great Soils**

suitable for the plant!

= **Perfect Ripeness,**

at top of ripeness curve!

= **Very Fresh**

24 hr fresh from the farmer!

*Find/grow/sell/share .*

.. the most delicious, nutritious and best Food Value for Money! (measured objectively).

## Applications:

- **Shoppers:** Select "Good" or "Excellent" produce on the BRIX chart if you want great taste and great food value = high Nutrient Density Index (NDI).
- **On-line shoppers:** Using NDI (= BRIX) readings and ratings as an objective measure of soil quality, ripeness and freshness. Far better than pretty pictures. Also a very good indicator of fresh, local and seasonal produce!
- **Farmers' Marketeers / Green Grocers:** Keep your buyers buying loyal by keeping them informed on how fresh, healthy and tasty your produce is!
- **Gardeners:** A high NDI means great taste, 99% of the time. Also, monitor your soil qualities, and their suitability for the produce/varieties you plant
- **Farmers:** Measure the readiness of your fruit, vegetables, hay, cereals and other produce for harvesting. Get superior prices for superior quality!
- **Moms and Dads:** Help your kids learn when foods are in season, which are local. They will want to eat foods that have great taste (= great food value)!
- **Teachers:** Create interesting science projects: Compare the following: fresh vs. frozen? Local vs many food miles? 'Regen' vs other farming methods? The 5W's and 1H (why, who, what, where, when and how) of high nutrient density?

## Advantages of NutriMeter:

- Light, portable and compact. Inexpensive.
- Measures the nutrient and mineral richness of produce.
- Use in the garden, field, kitchen or at the market.
- Quick guide to best quality foods!
- Helps you be a smarter shopper if health is important to you!

**For more info:** For range, capabilities, usefulness and pricing see ....:

[www.nutribalance.systems](http://www.nutribalance.systems), [www.findgoodfood.info](http://www.findgoodfood.info) or [www.findgoodfood.net](http://www.findgoodfood.net).

**FindGoodFood.net (NGO - under re-construction)** is a very 'open' community-building platform (secure database) which anyone, Food Group or Community can join and use to find, buy, sell or share fresh produce online, Web and Mobile.

**Start / join / build your own local food Community today!**

# Nutrimeter Ratings for each Fruit or Vegetable

BRIX or Nutrient Density Index (NDI) is a measure of all dissolved nutrients in food.

These include sucrose, fructose, vitamins, minerals, amino acids, proteins, and other solids.

High Readings = great soil quality, ripeness when picked, freshness since picked.

High Readings = Great taste (in almost all cases)

## BRIX / NDI Ch

	Poor	Aver.	Good	Excellent
<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	Aver.	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 (Young)	6	10	18	24
Corn Stalks	4	8	14	20
Cow Peas	4	6	12	12
Cucumber	4	6	12	12
Endive	4	6	10	10
English Peas	8	10	14	14
Escarole	4	6	10	10
Field Peas	4	6	12	12
Green Beans	4	6	10	10
Hot Peppers	4	6	10	10
Kohlrabi	6	8	12	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

This Chart was originally developed by Dr. Carey Reams, based on the work of Prof. A. Brix

## Farmers/Producers and Consumers

**Check your produce and see how it compares!**

**Access 450+ varieties** Since 2010, we have captured the Readings/Ratings for 450+ varieties, for example, one cannot use the same reading / rating for a Granny Smith as for a red Fuji apple.

**Providores** includes Farmers, Market Gardeners, Growers (incl. Home Growers), Producers and those Local Outlets and Eateries (Restaurants, etc.) which support local.

**Affiliates** In each Post Code, we will be financially incentivising Affiliates to build their own food community and economy, from subs, service and devices sold.

**Activators** Can sell subs, services and devices for a commission virtually, to anyone, anywhere.