

three times longer to dry food in an oven. Thus, the oven is not as efficient and uses more energy.

Fruits	Percent Solids	Vegetables	Percent Solids
Apples	16%	Beans	10%
Apricots	14%	Beets	13%
Bananas	26%	Broccoli	11%
Blueberries	16%	Cabbage	8%
Coconut	49%	Carrots	12%
Cherries, Sour	14%	Cauliflower	8%
Cherries, Sweet	20%	Celery	5%
Figs	21%	Corn	24%
Grapes	19%	Eggplant	8%
Nectarines	14%	Mushrooms	9%
Peaches	12%	Onion	9%
Pears	16%	Parsley	12%
Pineapple	14%	Peas in pod	12%
Plums	14%	Peppers, bell	7%
Raspberries	14%	Potato	21%
Rhubarb	5%	Spinach	9%
Strawberries	9%	Squash	6%
		Tomatoes	6%
		Turnip	7%

References

- Source: USDA Handbook 8-8, 8-11. Composition of Foods. 1982, 1984.

Authors

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```
window.onload = function() { // This ensures
the script runs after the entire page is
```

```
loaded document.querySelectorAll('.embed-
fluid').fourColumnCarousel .img-
fluid').forEach(function(img) { if (!img.getAttribute('alt')
|| img.getAttribute('alt').trim() === '') { // Navigate
up to find the common ancestor, then find the
h3 within it let relatedH3 = img.closest('.col-
lg-3').querySelector('.carousel-h3'); if (relatedH3)
{ img.setAttribute('alt', relatedH3.innerText.trim());
console.log('Alt text set for', img.src, 'to',
relatedH3.innerText.trim()); // Helps to see what's being
processed } else { console.log('Related h3 not found for',
img.src); // Indicates a problem finding the h3 } } }); }
```

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