

Nutrient Rich Foods & Healthy Fats Shopping Guide



ANDI

Aggregate Nutrient Density Index

Kale – 1000	Grapes – 119
Collard Greens – 1000	Pomegranates – 119
Mustard Greens – 1000	Cantaloupe – 118
Watercress – 1000	Onions – 109
Swiss Chard – 895	Flax Seeds – 103
Bok Choy – 865	Orange – 98
Spinach – 707	Edamame – 98
Arugula – 604	Cucumber – 87
Romaine – 510	Tofu – 82
Brussels Sprouts – 490	Sesame Seeds – 74
Carrots – 458	Lentils – 72
Cabbage – 434	Peaches – 65
Broccoli – 340	Sunflower Seeds – 64
Cauliflower – 315	Kidney Beans – 64
Bell Peppers – 265	Green Peas – 63
Asparagus – 205	Cherries – 55
Mushrooms – 238	Pineapple – 54
Tomato – 186	Apple – 53
Strawberries – 182	Mango – 53
Sweet Potato – 181	Peanut Butter – 51
Zucchini – 164	Corn – 45
Artichoke – 145	Pistachio Nuts – 37
Blueberries – 132	Oatmeal – 36
Iceberg Lettuce – 127	Salmon – 34

MUFA

Monounsaturated Fatty Acids

Olives
Avocados
Seeds (Pumpkin, Sunflower, Sesame, Flax)
Almonds & Peanuts
Nut Butters
Healthy Oils (Sesame, Coconut, Olive, Grapeseed)
Pine Nuts

PUFA

Polyunsaturated Fatty Acids

Walnuts
Sunflower Seeds
Sesame Seeds
Chia Seeds
Peanut Butter
Seaweed
Sardines
Tuna
Wild Salmon

All ANDI scores were retrieved from www.drfuhrman.com/library/andi-food-scores.aspx and are subject to change as Dr. Fuhrman continuously updates his scoring system