

NUTRIENT DENSE & CALORICALLY DENSE FOODS

Nutrient dense foods

Nutrient-dense foods have lots of nutrients in relationship to calories. This chart is based on the ANDI score, developed by Dr. Joel Fuhrman. It ranks foods based on their nutrient density. The higher the number, the more nutrition you get for the same number of calories.

1000 Kale	119 Grapes	34 Salmon
1000 Collard Greens	119 Pomegranate	31 Eggs
1000 Mustard Greens	118 Cantaloupe	31 Milk, 1%
1000 Watercress	109 Onion	30 Walnuts
1000 Swiss Chard	103 Flax Seeds	30 Bananas
895 Bok Choy	98 Orange	30 Whole Wheat Bread
707 Spinach	98 Edamame	28 Almonds
604 Arugula	87 Cucumber	28 Avocado
510 Romaine	82 Tofu	28 Brown Rice
490 Brussels Sprouts	74 Sesame Seeds	28 Potato
458 Carrots	72 Lentils	28 Plain Yogurt, Low Fat
434 Cabbage	65 Peaches	27 Cashews
340 Broccoli	64 Sunflower Seed	24 Chicken Breast
315 Cauliflower	64 Kidney Beans	21 Ground Beef, 85% Lean
265 Bell Pepper	63 Green Peas	20 Feta Cheese
238 Mushrooms	55 Cherries	12 French Fries
205 Asparagus	54 Pineapple	11 White Pasta
186 Tomato	53 Apple	11 Cheddar Cheese
182 Strawberries	53 Mango	11 Apple Juice
181 Sweet Potato	51 Peanut Butter	10 Olive Oil
164 Zucchini	45 Corn	9 White Bread
145 Artichoke	37 Pistachios	9 Ice Cream, Vanilla
132 Blueberries	36 Oatmeal	7 Corn Chips
127 Iceberg Lettuce	36 Shrimp	1 Cola

<https://www.drfuhrman.com/blog/128/andi-food-scores-rating-the-nutrient-density-of-foods>

Calorie dense foods

Calorie-dense foods pack lots of calories into a small space, which makes it easy to take in way too many calories. Because they occupy such a small space in the stomach, calorie dense foods bypass many of our satiety receptors. In the chart below, you will see how many calories you would get per 100 grams of various foods. Spinach, for example, only has 23 calories per 100 grams, while peanuts have 600 calories per 100 grams.

Calories per 100g of various foods

Food	Calories/100g
Lettuce	15
Spinach	23
Watermelon	30
Strawberry	32
Carrot	30
Orange	48
Apple	52
Grapes	69
Potato, boiled	87
Banana	89
Chicken breast, skinless	110
Brown rice	110
Lean white fish	113
Tuna	116
White rice	130
Pasta	131
Pork tenderloin	136
Quinoa	143
Salmon	145
Egg	148
Avocado	160
Bread, whole wheat	248
Beef	250
Bread, white	264
Cheese	300
Raisins	300
French fries	307
Black beans	341
Cereal	370
Mayo	385
Nutella	541
Peanuts	600
Butter	720
Olive oil	885

Calories per pound (approximate)

Food Type	Calories/Pound
Vegetables	120
Fruits	300
Whole Grains	450
Legumes	550
Meats	1000
Refined Flours	1500
Processed Food	2400
Nuts/Seeds	2600
Oil	4000