

NUTRIENT DENSE VEGETABLES (AND FRUITS)

Wondering which vegetables are the most nutritious?

The list below is an excerpt from the ANDI score chart, 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. To see the full chart, visit: FitAFbook.com/nutrientdense

1000 Kale	119 Grapes
1000 Collard Greens	119 Pomegranate
1000 Mustard Greens	118 Cantaloupe
1000 Watercress	109 Onion
1000 Swiss Chard	98 Orange
895 Bok Choy	98 Edamame
707 Spinach	87 Cucumber
604 Arugula	65 Peaches
510 Romaine	55 Cherries
490 Brussels Sprout	54 Pineapple
458 Carrots	53 Apple
434 Cabbage	53 Mango
340 Broccoli	45 Corn
315 Cauliflower	30 Bananas
265 Bell Pepper	28 Avocado
238 Mushrooms	28 Potato
205 Asparagus	
186 Tomato	
182 Strawberries	
181 Sweet Potato	
164 Zucchini	
145 Artichoke	
132 Blueberries	
127 Iceberg Lettuce	

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