



  
**eatRIGHT<sup>tm</sup>**  
**A M E R I C A**  
**FOOD SCORING GUIDE**  
 by **Joel Fuhrman, M.D.**

*“Dr. Fuhrman takes the best of the world’s nutritional research, makes it understandable, and shows you how to put it to work in your everyday life. Now you can control your weight and health destiny like never before.”*

**A. William Menzin, M.D., M.Sc., M.P.H**  
 Nutritional Epidemiology, International Health  
 Harvard Medical School

Learn about Dr. Fuhrman’s revolutionary nutrient scoring system for maximum weight loss and lifelong optimal health! Dr. Fuhrman introduces his **ANDI** (Aggregate Nutrient Density Index), supplying the micronutrient scores for thousands of foods.

You’ll get a comprehensive list of foods to help take what you learn and put it into practice. From doughnuts to dairy this book offers a simple guide to identifying which foods contain the most micronutrients and how to eat more nutrient rich. Here’s an example:

	<u><b>ANDI</b></u>
<b>Kale</b> .....	<b>1000</b>
<b>Romaine</b> .....	<b>389</b>
<b>Broccoli</b> .....	<b>346</b>
<b>Blueberries</b> .....	<b>130</b>
<b>Brazil Nuts</b> .....	<b>116</b>
<b>Kidney beans</b> .....	<b>56</b>
<b>Oats, cooked</b> .....	<b>53</b>
<b>Sunflower Seeds</b> .....	<b>45</b>
<b>Walnuts</b> .....	<b>29</b>
<b>Pizza</b> .....	<b>17</b>
<b>Turkey, ground</b> .....	<b>17</b>

Dr. Fuhrman fully explains the principles of nutrient density and how it will support your diet strategy and health. The **eatRIGHT America Food Scoring Guide** is a great introductory guide to Dr. Fuhrman’s nutritional principles; designed to motivate an initial change in eating-style.

If you’re ready to take it to the next level, you’ll need Dr. Fuhrman’s comprehensive two book set, **EAT FOR HEALTH**, that contains the full motivational program with four phases of nutritional excellence, complete with meal plans and hundreds of recipes.