

Dr. Fuhrman created the ANDI (Aggregate Nutrient Density Index) to show how popular foods stack up in terms of micronutrient density per calorie. The more nutrient-dense food you consume, the more you will be satisfied with fewer calories.

Check the rankings of foods you commonly eat – you might be surprised at their ANDI ranking.

1000	KALE	119	GRAPES	34	SALMON
1000	COLLARD GREENS	119	POMEGRANATES	31	EGGS
1000	MUSTARD GREENS	118	CANTALOUPE	31	MILK, 1%
1000	WATERCRESS	109	ONIONS	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	WHITE POTATO
458	CARROTS	72	LENTILS	28	LOW FAT PLAIN YOGURT
434	CABBAGE	65	PEACHES	27	CASHEWS
340	BROCCOLI	64	SUNFLOWER SEEDS	24	CHICKEN BREAST
315	CAULIFLOWER	64	KIDNEY BEANS	21	GROUND BEEF, 85% LEAN
265	BELL PEPPERS	63	GREEN PEAS	20	FETA CHEESE
205	ASPARAGUS	55	CHERRIES	12	FRENCH FRIES
238	MUSHROOMS	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	PISTACHIO NUTS	9	VANILLA ICE CREAM
132	BLUEBERRIES	36	OATMEAL	7	CORN CHIPS
127	ICEBERG LETTUCE	36	SHRIMP	1	COLA