

NUTRIENT DENSITY GUIDE

The Aggregate Nutrient Density Index (ANDI) ranks foods according to micronutrients per calorie. Filling your diet with micronutrient-rich foods is a great step to maintaining optimal health.



GREEN VEGETABLES

ANDI Score

- | | |
|----------------------------------|------|
| 1. Mustard/Turnip/Collard Greens | 1000 |
| 2. Kale | 1000 |
| 3. Swiss Chard | 1000 |
| 4. Upland/Watercress | 1000 |
| 5. Bok Choy/Baby Bok Choy | 865 |
| 6. Chinese/Napa Cabbage | 714 |
| 7. Spinach | 707 |
| 8. Arugula | 604 |
| 9. Lettuce, Green Leaf | 585 |
| 10. Chicory | 516 |



OTHER VEGETABLES

ANDI Score

- | | |
|----------------------------------|-----|
| 1. Radish | 502 |
| 2. Turnip | 473 |
| 3. Carrots | 458 |
| 4. Acorn Squash | 444 |
| 5. Broccoli | 444 |
| 6. Cabbage | 434 |
| 7. Bell Pepper, Yellow or Orange | 371 |
| 8. Kohlrabi | 352 |
| 9. Cauliflower | 315 |
| 10. Rutabaga | 296 |



BEANS

ANDI Score

- | | |
|---------------------------|----|
| 1. Edamame | 98 |
| 2. Pinto Beans | 86 |
| 3. Tofu | 82 |
| 4. Great Northern Beans | 77 |
| 5. Adzuki Beans | 74 |
| 6. Lentils | 72 |
| 7. Lima Beans | 69 |
| 8. Kidney Beans | 64 |
| 9. Black Beans | 61 |
| 10. Chickpeas (Garbanzos) | 55 |



SEEDS & NUTS

ANDI Score

- | | |
|--------------------|-----|
| 1. Flax Seeds | 103 |
| 2. Sesame Seeds | 74 |
| 3. Sunflower Seeds | 64 |
| 4. Peanuts | 59 |
| 5. Chia Seeds | 46 |
| 6. Pumpkin Seeds | 39 |
| 7. Pistachios | 37 |
| 8. Chestnuts | 34 |
| 9. Hazelnuts | 34 |
| 10. Pecans | 33 |



FRUIT

ANDI Score

- | | |
|-----------------------|-----|
| 1. Cranberries, Fresh | 207 |
| 2. Strawberries | 182 |
| 3. Blackberries | 171 |
| 4. Raspberries | 133 |
| 5. Blueberries | 132 |
| 6. Guava | 125 |
| 7. Grapefruit | 125 |
| 8. Grapes | 119 |
| 9. Pomegranate | 119 |
| 10. Cantalope | 118 |



HERBS

ANDI Score

- | | |
|----------------|-----|
| 1. Basil | 518 |
| 2. Cilantro | 481 |
| 3. Spearmint | 457 |
| 4. Tarragon | 426 |
| 5. Oregano | 426 |
| 6. Thyme | 422 |
| 7. Parsley | 381 |
| 8. Dill | 326 |
| 9. Chives | 319 |
| 10. Peppermint | 293 |