

DR. FUHRMAN'S NUTRIENT DENSITY SCORES

Mustard greens	100	Iceberg lettuce	10
Watercress	100	Pistachio nuts	9
Kale	100	Cucumber	9
Turnip greens	100	Sweet potato	9
Collard greens	100	Green peas	7
Brussels sprouts	90	Almonds	7
Bok choy	85	Pineapple	7
Spinach	82	Avocado	6
Arugula	77	Cashews	6
Cabbage	59	Apple	5
Flaxseed	55	Mango	5
Broccoli	52	Peanut butter	5
Cauliflower	51	Corn	4
Romaine	45	Bananas	3
Green bell pepper	41	Brown rice	3
Onions	37	Oatmeal	3
Asparagus	36	White potato	2
Strawberries	35	Salmon	2
Mushrooms	35	Skim milk	2
Tomato	33	Low-fat plain yogurt	2
Pomegranate	30	Whole wheat bread	2
Carrots	30	Olive oil	2
Blueberries	27	Apple juice	1
Orange	27	White bread	1
Grapes	24	Chicken breast	1
Edamame	21	Eggs	1
Cherries	21	White pasta	1
Tofu	20	Shrimp	1
Sesame seeds	19	Ground beef, 85% lean	-4
Sunflower seeds	16	Feta cheese	-5
Artichoke	16	Low-fat cheddar cheese	-6
Lentils	14	Potato chips	-9
Cantaloupe	12	French fries	-9
Peaches	11	Vanilla ice cream	-9
Kidney beans	11	Cola	-10
Walnuts	10		