

A Sample of Dr. Fuhrman's Nutrient Density Scores*

Kale	1000	Cantaloupe	100	Skim Milk	36
Collards	1000	Kidney Beans	100	Walnuts	34
Bok Choy	824	Sweet Potato	83	Grapes	31
Spinach	739	Black Beans	83	White Potato	31
Broccoli	715	Sunflower Seeds	78	Banana	30
Chinese/Napa Cabbage	704	Apple	76	Cashews	27
Brussel Sprouts	672	Peach	73	Chicken Breast	27
Swiss Chard	670	Green Peas	70	Eggs	27
Arugula	559	Cherries	68	Peanut Butter	26
Cabbage	481	Flax Seeds	65	Whole Wheat Bread	25
Romaine Lettuce	389	Pineapple	64	Feta Cheese	21
Broccoli	376	Chick Peas	57	Whole Milk	20
Carrot Juice	344	Oatmeal	53	Ground Beef	20
Cauliflower	295	Pumpkin Seeds	52	White Pasta	18
Green Peppers	258	Mango	51	White Bread	18
Artichoke	244	Cucumber	50	Apple Juice	16
Carrots	240	Soybeans	48	Swiss Cheese	15
Asparagus	234	Pistachio Nuts	48	Low Fat Yogurt	14
Strawberries	212	Corn	44	Potato Chips	11
Pomegranate Juice	193	Brown Rice	41	American Cheese	10
Tomato	164	Salmon	39	Vanilla Ice Cream	9
Blueberries	130	Almonds	38	French Fries	7
Iceberg Lettuce	110	Shrimp	38	Olive Oil	2
Orange	109	Avocado	37	Cola	1
Lentils	100	Tofu	37		