# Dr. Fuhrman's ANDI Scores (Aggregate Nutrient Density Index)

| VEGETABLES | |
|---|---|
| Kale & Collard Greens (1.5 cups) | 1000 |
| Bok Choy (1.5 cups) | 824 |
| Spinach, Raw (5 cups) | 739 |
| Chinese/Napa Cabbage, (1.5 cups) | 704 |
| Spinach, cooked (1.5 cups) | 697 |
| Brussel Sprouts, cooked (1.5 cups) | 672 |
| Arugula, raw (5 cups) | 559 |
| Radish (6 items) | 554 |
| Bean Sprouts, uncooked (1 cup) | 444 |
| Cabbage, raw (1.5 cups) | 420 |
| Lettuce, Romaine (5 cups) | 389 |
| Broccoli, raw (1.5 cups) | 376 |
| Pepper, red, cooked (1.5 cups) | 366 |
| Turnips, cooked (1 item) | 337 |
| Carrots, cooked (1.5 cups) | 336 |
| Pepper, red, raw (1.5 cups) | 328 |
| Mixed Baby Greens (5 cups) | 300 |
| Cauliflower, cooked (1.5 cups) | 295 |
| Pepper, green, raw (1.5 cups) | 258 |
| Artichoke, cooked (1 item) | 244 |
| Asparagus, cooked (1.5 cups) | 234 |
| Zucchini, raw (2.5 cups) | 209 |
| Tomato, raw (1 item) | 164 |
| Butternut Squash, (1.5 cups) | 156 |
| Eggplant, cooked (1.5 cups) | 149 |
| Bamboo shoots, canned (1 cup) | 144 |
| Okra, cooked (1.5 cups) | 139 |
| Celery (2 items) | 135 |
| Alfalfa Sprouts (1 cup) | 130 |
| Snow or sugar peas, raw (1.5 cups) | 127 |

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|---|---|
| Mushrooms, cooked (1.5 cups) | 119 |
| Lettuce, Iceberg (5 cups) | 110 |
| Beets, cooked (1.5 cups) | 97 |
| Sweet Potato, cooked (1.5 cups) | 83 |
| Green Beans, cooked (2 cups) | 74 |
| Green Peas, cooked (1.5 cups) | 70 |
| Cucumber (1 item) | 50 |
| Onions, cooked (.33 cups) | 50 |
| Spaghetti & Acorn Squash, (1.5 cups) | 49 |
| Corn, sweet, white, (1.5 cups) | 44 |
| Potatoes, baked w/skin (1item) | 43 |
| Yams, cooked (1.5 cups) | 23 |
| Olives (3 items) | 24 |

| FRUITS | |
|---|---|
| Strawberries (1.5 cups) | 212 |
| Blackberries (1.5 cups) | 178 |
| Plums (1.5 cups) | 157 |
| Raspberries (1.5 cups) | 145 |
| Blueberries (1.5 cups) | 130 |
| Papaya (1.5 cups) | 118 |
| Orange & Grapefruit (1.5 cups) | 105 |
| Cantaloupe (1.5 cups) | 100 |
| Kiwi (2 items) | 97 |
| Watermelon (2.5 cups) | 91 |
| Peach, Apple & Tangerine (1 item) | 73 |
| Cherries (1.5 cups) | 68 |
| Pineapple (1.5 cups) | 64 |
| Apricots fresh (4 items) | 60 |
| Mango (1 item) | 51 |
| Prunes (.25 cup) | 47 |
| Pears (1 item) | 46 |

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|---|---|
| Honeydew (1.5 cups) | 45 |
| Nectarine (1.5 cups) | 41 |
| Avocado (half) | 37 |
| Cranberries, dried, (.33 cup) | 34 |
| Grapes (1.5 cups) | 31 |
| Banana (1 item) | 30 |
| Apricots, dried, (.33 cup) | 29 |
| Figs, dried (.25 cup) | 25 |
| Dates & Raisins (.25 cup) | 18 |

| JUICES | |
|---|---|
| Vegetable Juice, regular (8 fl oz) | 365 |
| Carrot Juice (8 fl oz) | 344 |
| Tomato Juice, regular (8 fl oz) | 342 |
| Pomegranate Juice (8 fl oz) | 193 |
| Orange Juice (8 fl oz) | 86 |
| Cranberry Juice Cocktail (8 fl oz) | 55 |
| Apple Juice, unsweetened (8 fl oz) | 16 |

| BEANS | |
|---|---|
| Lentils, boiled (1 cup) | 104 |
| Red Kidney Beans, boiled (1 cup) | 100 |
| Great Northern Beans, (1 cup) | 94 |
| Adzuki Beans, boiled (1 cup) | 84 |
| Black beans & Black Eyed Peas, (1 cup) | 83 |
| Hummus (.5 cup) | 70 |
| Pinto Beans, boiled (1 cup) | 61 |
| Edamame (1 cup) | 58 |
| Split Peas, boiled (1 cup) | 58 |
| Chick Peas/Garbanzo bean, (1 cup) | 57 |
| Lima Beans, boiled (1 cup) | 46 |
| Tofu (4 oz) | 37 |
| Tempeh (4 oz) | 26 |

| NUTS | |
| --- | --- |
| Brazil Nuts & Pecans (.25 cup) | 124 |
| Pistachio Nuts, unsalted (.25 cup) | 48 |
| Almonds & Peanuts, unsalted (.25 cup) | 38 |
| Walnuts (.25 cup) | 34 |
| Hazelnuts or filberts (.25 cup) | 32 |
| Cashew Nuts, unsalted (.25 cup) | 27 |
| Pine Nuts/Pignolia (1 tbsp) | 26 |
| Macadamia nuts, unsalted (.25 cup) | 17 |
| **NUT BUTTERS** | |
| Tahini & Sesame Butter (2 tbsp) | 54 |
| Almond, Cashew & Peanut Butter (2 tbsp) | 26 |
| **SEEDS** | |
| Sunflower Seeds (.25 cup) | 78 |
| Flax Seeds & Sesame Seeds (2 tbsp) | 65 |
| Pumpkin Seeds (.25 cup) | 52 |
| **GRAINS** | |
| Bran Flakes (1 cup) | 64 |
| Oats, old fashioned, (1 cup) | 53 |
| Barley, whole grain, (1 cup) | 43 |
| Wild Rice, cooked (1 cup) | 43 |
| Brown Rice, cooked (1 cup) | 41 |
| Sprouted Grain Bread (1 slice) | 39 |
| Whole Grain Bread (2 slices) | 30 |
| Whole Wheat Bagel (1 item) | 25 |
| Granola (1 cup) | 22 |
| Cornmeal, whole grain (.25 cup) | 22 |
| Quinoa, cooked (1 cup) | 21 |
| Rye Bread (2 slices) | 20 |
| Whole Wheat Pasta, cooked (1 cup) | 19 |
| Oats, quick, cooked (1 cup) | 19 |

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| White Bread (2 slices) & White Pasta, (1 cup) | 18 |
| Couscous, cooked (1 cup) | 15 |
| Tortilla, flour/corn (2 items, 52g) | 14 |
| White Rice (1 c) & Rice Cakes (7 pieces) | 12 |
| Saltines (5 items) | 11 |
| Graham Crackers (2 1/2" squares) | 8 |
| **SEAFOOD** | |
| Shrimp, cooked (4 oz) | 48 |
| Tuna, yellow fin, cooked, (4 oz) | 46 |
| Lobster, cooked (4 oz) | 43 |
| Flounder, cooked, dry heat (4 oz) | 41 |
| Salmon & Mahi-Mahi, cooked, (4 oz) | 39 |
| Swordfish, cooked, dry heat (4 oz) | 38 |
| Tuna, in water (4 oz) | 36 |
| Snapper, cooked, dry heat (4 oz) | 35 |
| Cod & Grouper, cooked, dry heat (4 oz) | 31 |
| Scallops, steamed (4 oz) | 24 |
| Tilapia, cooked, dry heat (4 oz) | 18 |
| **MEAT** | |
| Bison, top sirloin. broiled (4 oz) | 39 |
| Chicken Breast, roasted (4 oz) | 27 |
| Egg (1 item) | 27 |
| Pork Loin, Whole, roasted (4 oz) | 23 |
| Beef Top Sirloin, 1/8" fat (4 oz) | 20 |
| Ham, Boneless, roasted & Lamb (4 oz) | 17 |
| Bacon & Bologna (2 oz) & Sausage (4 oz) | 14 |
| **DAIRY** | |
| Milk, low fat 1% (8 oz) | 28 |
| Plain Yogurt, low fat (1 cup) | 24 |
| Chocolate Milk (8 oz) | 19 |
| Fruit Yogurt, low fat (1 cup) | 15 |

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| Cheese, hard (2 oz) | 15 |
| Cottage Cheese (1 cup) | 13 |
| Ice Cream/ Frozen Yogurt (1 cup) | 9 |
| **DAIRY SUBSTITUTES** | |
| Soy Milk (8 fl oz) | 33 |
| Almond Milk (8 fl oz) | 19 |
| Rice Milk (8 fl oz) | 10 |
| **FAST FOOD** | |
| Cheese Pizza (2 slices) | 17 |
| Biscuit w/ Egg & Bacon, (1 item) | 11 |
| Fast Food Cheeseburger (1 item) | 11 |
| Fish Filet, Batter Coated, Fried (4 oz) | 7 |
| French Fried Potatoes, (2.5 oz) | 7 |
| **SNACK FOODS** | |
| Dark Chocolate Candy Bar (1.5 oz) | 34 |
| Milk Chocolate Candy Bar (1.5 oz) | 21 |
| Popcorn, air popped, no salt (4 cups) | 16 |
| Hard pretzels, salted (10 items, 60g) | 13 |
| Fruit Roll Ups (1 item) | 12 |
| Chocolate Pudding (1 cup) | 11 |
| Granola Bar (1 item) | 11 |
| Potato Chips & Corn Chips, (1 oz) | 10 |
| Toaster Pastry (1 item) & Fig Bar (2 items) | 8 |
| Popcorn, oil popped, no salt (4 cups) | 8 |
| Corn Puffs, cheese flavored (1 oz) | 8 |
| Chocolate chip cookies, ready to eat (3) | 7 |
| Apple Pie, Prepared (1 slice) | 6 |
| Chocolate Cake with frosting (1 slice) | 5 |
| **ALCOHOL** | |
| Beer (12 fluid ounces) | 7 |
| Wine (4 fluid ounces) | 3 |

# The Aggregate Nutrient Density Index Scores (ANDI)

Dr. Fuhrman devised the following simple formula:

H= N/C (Health = Nutrients divided by Calories)

This simple equation defines how your health is related to the nutrient density of your diet.

Adequate consumption of micronutrients – vitamins, minerals, and many other phytochemicals – without excessive caloric intake, is the key to achieving excellent health.

To illustrate which foods have the highest nutrient-per-calorie density, Dr. Fuhrman created the aggregate nutrient density index, or ANDI. It lets you quickly see which foods are the most health-promoting and nutrient dense.

The ANDI ranks the nutrient value of many common foods on the basis of how many nutrients they deliver to your body for each calorie consumed. Unlike food labels which list only a few nutrients, ANDI scores are based on thirty-four important nutritional parameters. Foods are ranked on a scale of 1-1000, with the most nutrient-dense cruciferous leafy green vegetables scoring 1000.

It is also important to achieve micronutrient diversity, not just a high level of a few isolated micronutrients. Eating a variety of plant foods is essential to good health. It is important to include a wide assortment of plant foods in your diet to obtain the full range of nutritional requirements. Include onions, seeds, mushrooms, berries, beans and tomatoes as well as greens in your diet. They all contribute to the numerator (top number in the ratio) in the H=N/C equation.