

DR. FUHRMAN'S TOP 30 SUPER FOODS

Now that you know the secret formula to health is $H = N/C$ (Health = Nutrients/Calories), it's time to start putting it into practice. There are comprehensive lists of nutrient density scores in the next chapter. But to make it easy for you to find the very best foods, I've listed my Top 30 Super Foods below. These are the best foods in the best categories. For weight loss and improved health, include as many of these foods in your diet as you possibly can.

	NUTRIENT SCORE
1. Collard Greens, Mustard Greens, Turnip Greens	1000
2. Kale	1000
3. Watercress	1000
4. Bok Choy	824
5. Spinach	739
6. Broccoli Rabe	715
7. Chinese/Napa Cabbage	704
8. Brussels Sprouts	672
9. Swiss Chard	670
10. Arugula	559
11. Cabbage	481
12. Romaine Lettuce	389
13. Broccoli	376
14. Red Pepper	366
15. Carrot Juice	344
16. Tomatoes and Tomato Products	190–300
17. Cauliflower	295
18. Strawberries	212
19. Pomegranate Juice	193
20. Blackberries	178
21. Plums	157
22. Raspberries	145
23. Blueberries	130
24. Oranges	109
25. Cantaloupe	100
26. Beans (all varieties)	57–104
27. Seeds: Flaxseed, Sunflower, Sesame	52–78
28. Pistachio Nuts	48
29. Tofu	37
30. Walnuts	34

NUTRIENT DENSITY SCORES

In this chapter, you will find extensive lists of nutrient/calorie-density scores grouped by category based on ‘Aggregate Nutrient Density Index’ (ANDI). Knowing which foods are high in nutrient density (and which are low) will make it easier to get the dramatic health benefits of eating more high-nutrient foods.

For optimal health, I suggest you consume an appropriate number of calories to meet your needs, keep your sodium intake below 1,000 mg a day, and eat as many foods with high ANDI scores as possible.

ANDI Scores

ANDI Scores are calculated by evaluating an extensive range of food factors, including vitamins, minerals, phytochemicals, and antioxidant capacities, based on an equal number of calories for each food. After completing the calculations, foods are ranked on a numerical scale of 1 to 1000, with the highest nutrient foods given a score of 1000.

A complete description of how ANDI scores are calculated appears on
www.EatRightAmerica.com
as well as in my book *Eat for Health*.

To order, visit www.EatRightAmerica.com or call (877) ERA-4-USA.

Easy-to-get benefits

While nutrient scores are calculated using sophisticated scientific considerations, you don’t have to be a scientist to get the many benefits of high-nutrient food, recipes and menus.

Simply take the information you’ve learned here , put it into practice, and start on the road to a thinner, healthier you – *today!*

	CALORIES	SODIUM	ANDI
VEGETABLES			
Kale, cooked (1.5 cups)	55	45	1000
Mustard Greens, cooked (1.5 cups)	32	34	1000
Turnip Greens, cooked (1.5 cups)	43	63	1000
Watercress, raw (3 cups)	11	42	1000
Collard Greens, cooked (1.5 cups)	74	46	1000
Kale, raw (1.5 cups)	50	43	896
Bok Choy, cooked (1.5 cups)	31	87	824
Spinach, raw (5 cups)	34	118	739
Broccoli Rabe, cooked (1.5 cups)	63	54	715
Chinese or Napa Cabbage, cooked (1.5 cups)	20	18	704
Spinach, cooked (1.5 cups)	62	189	697
Brussels Sprouts, cooked (1.5 cups)	84	49	672
Swiss Chard, cooked (1.5 cups)	52	470	670
Chinese or Napa Cabbage, raw (1.5 cups)	18	10	600
Chicory Greens, uncooked (1.5 cups)	62	122	591
Arugula, raw (5 cups)	25	27	559
Radish (6 items)	4	11	554
Cabbage, cooked (1.5 cups)	50	18	481
Bean Sprouts, uncooked (1 cup)	53	11	444
Cabbage, raw (1.5 cups)	32	24	420
Kohlrabi (1.5 cups)	54	40	393
Lettuce, Romaine (5 cups)	48	22	389
Broccoli, raw (1.5 cups)	45	44	376
Pepper, red, cooked (1.5 cups)	56	4	366
Radicchio (2 cups)	18	18	359
Broccoli, cooked (1.5 cups)	82	96	342
Turnips, cooked (1 item)	34	82	337
Carrots, cooked (1.5 cup)	81	136	336
Dandelion Greens, cooked (1.5 cups)	52	69	329
Pepper, red, raw (1.5 cups)	58	4	328
Chili Peppers, green, hot (1 item)	18	3	323
Escarole, raw (3 cups)	25	33	322
Mixed Baby Greens (5 cups)	37	35	300
Cauliflower, cooked (1.5 cups)	43	28	295
Cauliflower, raw (1.5 cups)	38	45	285
Pepper, green, raw (1.5 cups)	45	7	258
Artichoke, cooked (1 item)	60	114	244
Carrots, raw (1.5 cups)	75	126	240
Asparagus, cooked (1.5 cups)	59	38	234
Zucchini, raw (2.5 cups)	45	28	209
Tomato, cooked (1 cup)	43	26	190
Pepper, green cooked (1.5 cups)	57	4	181
Tomato, raw (1 item)	22	6	164

NOTE: Calorie and Sodium data are provided for reference only. They are not related to ANDI scores. ANDI scores provide a relative ranking based on an equal amount of calories.

	CALORIES	SODIUM	ANDI
Jalapeno Peppers (0.13 cup)	7	0	164
Butternut Squash, cooked (1.5 cups)	122	12	156
Eggplant, cooked (1.5 cups)	50	1	149
Bamboo Shoots, canned (1 cup)	25	9	144
Okra, cooked (1.5 cups)	53	14	139
Mushrooms, raw (1.5 cups)	23	4	135
Celery (2 items)	11	64	135
Zucchini, cooked (1.5 cups)	43	8	132
Alfalfa Sprouts (1 cup)	10	2	130
Snow or sugar peas, raw (1.5 cups)	40	4	127
Mushrooms, cooked (1.5 cups)	66	5	119
Snow or sugar peas, cooked (1.5 cups)	101	10	113
Sun Dried Tomatoes (0.5 cup)	70	566	113
Lettuce, Iceberg (5 cups)	38	28	110
Rhubarb, cooked (1 cup)	25	5	106
Beets, cooked (1.5 cups)	112	196	97
Sweet Potato, cooked (1.5 cups)	378	134	83
Leeks, cooked (2 cups)	109	36	80
String Beans, cooked (1.5 cups)	65	6	75
Green Beans, cooked (2 cups)	87	2	74
Tomatillo (2 items)	22	1	72
Green Peas, cooked (1.5 cups)	202	7	70
Garlic Clove (1 item)	4	1	58
Cucumber (1 item)	45	6	50
Onions, cooked (0.33 cup)	31	2	50
Spaghetti Squash, cooked (1.5 cups)	63	42	49
Onions, raw (0.5 cup)	34	2	47
Acorn Squash, cooked (1.5 cups)	172	12	46
Corn, sweet, white, cooked (1.5 cups)	266	42	44
Potatoes, Flesh and skin, baked (1 item)	142	11	43
Parsnips (1.5 cups)	166	23	37
Potatoes, Flesh only, baked (1.5 cups)	170	9	31
Yams, cooked (1.5 cups)	266	20	23
Olives, (3 items)	36	408	24
Water chestnuts (1 cup)	70	11	19

FRUIT

Strawberries (1.5 cups)	69	2	212
Blackberries (1.5 cups)	93	2	178
Plums (1.5 cups)	114	0	157
Raspberries (1.5 cups)	96	2	145
Lemon Juice (1teaspoon)	1	0	141
Blueberries (1.5 cups)	123	2	130
Papaya (1.5 cups)	82	6	118
Orange (1 item)	62	0	109
Grapefruit (1.5 cups)	144	0	102
Cantaloupe (1.5 cups)	82	38	100
Lime Juice (1 teaspoon)	1	0	99
Kiwi (2 items)	93	5	97
Watermelon (2.5 cups)	114	4	91
Peach (1 item)	38	0	73
Apple (1 item)	72	1	72
Tangerine, (2 items)	89	3	72
Cherries (1.5 cups)	137	0	68
Pineapple, (1.5 cups)	112	2	64
Figs, fresh (3 items)	111	2	62
Apricots fresh (4 items)	67	1	60
Mango, (1 item)	135	4	51
Prunes (0.25 cup)	102	1	47
Pears, (1 item)	96	2	46
Honeydew (1.5 cups)	96	48	45
Nectarine (1.5 cups)	91	0	41
Avocado, (half)	182	3	37
Cranberries, dried, sweetened (0.33 cup)	123	1	34
Grapes, (1.5 cups)	92	3	31
Banana, (1 tem)	105	1	30
Apricots, dried, unsweetened (0.33 cup)	104	4	29
Figs, dried (0.25 cup)	124	5	25
Dates (0.25 cup)	125	1	19
Raisins (0.25 cup)	108	4	16

FRUIT/VEGETABLE JUICES

Vegetable Juice, low sodium (8 fluid ounces)	46	140	365
Vegetable Juice, regular (8 fluid ounces)	46	653	365
Carrot Juice (8 fluid ounces)	98	71	344
Tomato Juice, low sodium (8 fluid ounces)	41	24	342
Tomato Juice, regular (8 fluid ounces)	41	656	342
Pomegranate Juice, (8 fluid ounces)	150	10	193
Orange Juice (8 fluid ounces)	112	2	86
Cranberry Juice Cocktail (8 fluid ounces)	144	5	55
Apple Juice, unsweetened (8 fluid ounces)	117	7	16

BULK PRODUCTS

BEANS/LEGUMES

Lentils, boiled (1 cup)	230	4	104
Red Kidney Beans, boiled (1 cup)	225	2	100
Great Northern Beans, boiled (1 cup)	209	4	94
Adzuki Beans, boiled (1 cup)	294	18	84
Black beans, boiled (1 cup)	227	2	83
Black Eyed Peas, boiled (1 cup)	198	7	82
Hummus (0.5 cup)	218	298	70
Pinto Beans, boiled (1 cup)	245	2	61
Edamame (1 cup)	254	25	58
Split Peas, boiled (1 cup)	231	4	58
Chick Peas (Garbanzo), boiled (1 cup)	269	11	57
Lima Beans, boiled (1 cup)	216	4	46
Tofu (4 ounces)	69	9	37
Tempeh (4 ounces)	219	10	26

NUTS AND SEEDS

Nuts			
Brazil (0.25 cup)	230	1	124
Pistachio Nuts, unsalted (0.25 cup)	183	3	48
Pecans (0.25 cup)	187	0	41
Almonds, unsalted (0.25 cup)	211	10	38
Peanuts, all types, unsalted (0.25 cup)	214	2	37
Walnuts (0.25 cup)	196	1	34
Hazelnuts or filberts (0.25 cup)	212	0	32
Cashew Nuts, unsalted (0.25 cup)	197	5	27
Pine Nuts or Pignolia (1 tablespoon)	58	0	26
Macadamia Nut, unsalted (0.25 cup)	241	1	17
Nut Butter			
Tahini or Sesame Butter (2 tablespoons)	178	34	54
Almond (without salt) (2 tablespoons)	203	4	26
Cashew (without salt) (2 tablespoons)	188	5	26
Peanut (2 tablespoons)	188	147	26

	CALORIES	SODIUM	ANDI
SEEDS			
Sunflower (0.25 cup)	186	1	78
Sesame (0.25 cup)	206	4	65
Flax (2 tablespoons)	118	8	65
Pumpkin (0.25 cup)	187	6	52

GRAINS

WHOLE GRAINS

Oats, old fashioned, cooked (1 cup)	147	2	53
Barley, whole grain, cooked (1 cup)	193	5	43
Wild Brown Rice, cooked, (1 cup cooked)	166	5	43
Brown Rice, cooked (1 cup cooked)	216	10	41
Barley, pearled, cooked (1 cup)	193	5	32
Wheat Berries, cooked (1/2 cup)	150	0	25
Cornmeal, whole grain (0.25 cup)	110	11	22
Quinoa, cooked (1 cup)	222	13	21
Millet, cooked (1 cup)	250	3	19
Bulger, cooked (1 cup)	150	10	17

REFINED GRAIN PRODUCTS

Whole Wheat Flour (1/4 cup)	102	1.5	31
Whole Wheat Pasta, cooked (1 cup)	174	4	19
Oats, quick, cooked (1 cup)	147	2	19
White Pasta, cooked, (1 cup)	198	2	18
White Flour (1/4 cup)	114	1	18
Couscous, cooked (1 cup)	176	8	15
White Rice, long grain, cooked(1 cup)	216	10	12
Corn Pasta, cooked (1 cup)	176	0	10

BREADS/CRACKERS

Sprouted Grain Bread, (1 slice)	130	3	39
Whole Grain Bread (2 slices)	130	253	30
Whole Wheat Bread (2 slices)	130	265	25
Whole Wheat Bagel (1 item)	181	360	25
Tortilla, whole wheat (2 items, 67 grams)	180	500	21
Rye Bread (2 slices)	165	422	20
Plain Bagel (1 item)	195	379	18
White Bread (2 slices)	133	340	18
Tortilla, flour (2 items, 64 grams))	200	407	15
English Muffin, enriched (1 item)	134	264	13
Tortilla, corn, (2 items, 52 grams)	113	23	12
Rice Cake Cracker (7 pieces)	115	21	12
Saltines (5 items)	64	161	11
Graham crackers (2 1/2" sq.) (4 items)	118	169	8

	CALORIES	SODIUM	ANDI
--	----------	--------	------

CEREALS

Bran Flakes, (1 cup)	128	293	64
Granola (1 cup)	598	27	22

FISH

FRESH

Tuna, yellow fin*, cooked, dry heat (4 ounces)	158	53	46
Flounder, cooked, dry heat (4 ounces)	133	119	41
Sole, cooked, dry heat (4 ounces)	133	119	41
Salmon, pink, cooked, dry heat (4 ounces)	169	98	39
Mahi-Mahi*, cooked, dry heat (4 ounces)	124	128	39
Swordfish**, Cooked, dry heat (4 ounces)	176	130	38
Trout, rainbow, wild, cooked, dry heat (4 ounces)	170	64	36
Snapper*, cooked, dry heat (4 ounces)	145	65	35
Haddock, cooked, dry heat (4 ounces)	127	99	35
Monkfish*, cooked, dry heat (4 ounces)	110	26	34
Cod, Cooked, dry heat (4 ounces)	119	88	31
Grouper*, Cooked, dry heat (4 ounces)	134	60	27
Tilapia, Cooked, dry heat (4 ounces)	195	74	18

CANNED

Salmon (4 ounces)	158	628	42
Tuna*, in water (4 ounces)	145	428	36

SHELLFISH

Lobster*, Cooked, (4 ounces)	111	431	43
Shrimp, Cooked, (4 ounces)	112	254	38
Scallops, Steamed (4 ounces)	120	478	24

Fish and shellfish may contain mercury and other pollutants :

** *High level of mercury/pollutants*

* *Intermediate level of mercury/pollutants*

MEAT

BEEF*

Ground Beef, 95% lean meat, (4 ounces)	194	73	29
Flank Steak, separable fat & lean, 0" fat (4 ounces)	213	63	27
Beef Top Round, separable fat & lean, 1/8" fat, (4 ounces)	231	46	22
Beef Skirt Steak, separable fat & lean, 0" fat (4 ounces)	289	104	21
Beef Top Sirloin, separable fat & lean, 1/8" fat, (4 ounces)	275	63	20
Ground Beef, 85% lean meat, (4 ounces)	284	82	20
Beef Tenderloin, separable fat & lean, 1/8" fat (4 ounces)	302	61	18
Beef Rib Eye Steak, separable fat & lean, 0" fat, (4 ounces)	300	60	18
Beef NY Strip Steak, separable fat & lean, 1/8 "fat, (4 ounces)	317	76	16
Beef Prime Rib (4 ounces) Separable lean & fat, 1/8 "fat,	437	70	12

* *cooking method-broiled*

	CALORIES	SODIUM	ANDI
VEAL			
Veal Loin, separable lean & fat, roasted (4 ounces)	246	105	17
BISON			
Bison, Top Sirloin, separable lean only, broiled (4 ounces)	193	60	39
Bison, Chuck Roast, separable lean only, braised (4 ounces)	218	64	36
LAMB			
Lamb, Leg, separable fat & lean 1/8 "fat, broiled (4 ounces)	274	76	20
Lamb, ground, broiled (4 ounces)	321	92	18
Lamb, Loin Chops, separable lean only, 1/8 inch fat, broiled (4 ounces)	337	88	16
PORK			
Pork Tenderloin, separable lean & fat, roasted (4 ounces)	196	62	34
Pork Chops, center cut, separable lean, broiled (4 ounces)	272	65	24
Pork Loin, Whole, separable lean & fat, roasted (4 ounces)	281	67	23
Ham, Cured, Boneless, separable lean & fat, roasted (4 ounces)	276	1345	17
Pork Baby Back Ribs, separable lean & fat, roasted (4 ounces)	420	115	12
Bacon, cooked, (2 ounces)	302	1377	12
POULTRY			
Chicken Breast, meat only, roasted (4 ounces)	187	84	27
Turkey, light meat only, roasted (4 ounces)	177	72	25
Turkey, dark meat only, roasted (4 ounces)	212	90	24
Chicken, dark meat only, roasted (4 ounces)	232	105	17
Ground Turkey, broiled, (4 ounces)	266	121	16
Chicken Drumstick, meat & skin, roasted (4 ounces)	245	102	15
Chicken Wing, meat & skin, roasted (4 ounces)	329	93	11
Turkey Bacon, Cooked, (2 ounces)	217	1295	9
COLD CUTS			
Turkey, white, rotisserie, deli cut (2 ounces)	64	680	33
Ham, 11% fat (2 ounces)	92	739	24
Roast Beef (2 ounces)	115	480	22
Bologna, beef and pork (2 ounces)	175	417	13
HOT DOGS AND SAUSAGE			
Tofu Hot Dog (1 item)	163	330	23
Italian sausage, turkey (4 ounces)	179	1052	16
Hot Dog, turkey (1 item)	102	642	13
Italian sausage, pork (4 ounces)	390	1369	13
Bratwurst, (4 ounces)	337	962	13
Kielbasa, (4 ounces)	352	1220	11
Pepperoni (2 ounces)	264	1014	10
Hot Dog, beef (1 item)	148	513	8

DAIRY PRODUCTS & EGGS

BEVERAGES

Milk, Nonfat Skim (8 fluid ounces)	83	103	36
Milk, Low Fat 1% (8 fluid ounces)	105	127	28
Milk, Whole 3.3% (8 fluid ounces)	146	98	20
Chocolate Milk, low fat (8 fluid ounces)	158	152	19
Half & Half (2 Tablespoons)	39	12	10
Heavy Whipping Cream (2 Tablespoons)	104	11	2

CHEESE

Feta Cheese (2 ounces)	150	633	21
Cottage Cheese, low fat (1 cup)	163	918	18
Mozzarella Cheese, part skim (2 ounces)	144	351	16
Ricotta, part skim (1/2 cup)	170	154	16
Swiss cheese (2 ounces)	215	109	15
Parmesan (2 tablespoons)	43	153	15
Mozzarella Cheese, whole milk (2 ounces)	170	356	14
Gouda (2 ounces)	202	464	13
Provolone (2 ounces)	199	497	13
Cottage Cheese (1 cup)	216	850	13
Gruyere Cheese (2 ounces)	234	191	13
Muenster (2 ounces)	209	356	12
Blue Cheese (2 ounces)	200	791	12
Brie (2 ounces)	189	357	12
Monterey Jack (2 ounces)	211	304	12
Ricotta, whole milk (2 ounces)	214	103	11
Cheddar Cheese (2 ounces)	229	352	11
Cream Cheese, low fat (2 ounces)	139	178	8
Goat Cheese (2 ounces)	206	292	8
Cream Cheese (2 ounces)	193	182	4
Neufchatel, (2 ounces)	148	226	4

EGGS

Egg (1 item)	74	70	27
--------------	----	----	----

YOGURT

Plain Yogurt, non-fat, (1 cup)	80	115	30
Plain Yogurt, low-fat, (1 cup)	90	110	24
Tofu Yogurt (1 cup)	246	92	17
Plain Yogurt, whole milk (1 cup)	180	130	16
Fruit Yogurt, non fat, (1 cup)	130	100	16
Fruit Yogurt, low-fat, (1 cup)	130	95	15
Fruit Yogurt, whole milk (1 cup)	170	85	9

	CALORIES	SODIUM	ANDI
--	----------	--------	------

NON DAIRY MILK

Soy Milk (8 fluid ounces)	125	132	33
Hemp Milk (8 fluid ounces)	100	5	27
Almond Milk (8 fluid ounces)	211	14	19
Rice Milk (8 fluid ounces)	120	86	10

PREPARED FOODS

CANNED FOODS

Pumpkin, canned (0.5 cup)	42	6	372
Tomato Sauce, no salt added (1/4 cup)	20	20	248
Tomato Sauce, (1/4 cup)	20	321	248
Tomato Paste (2 Tablespoons)	27	259	197
Tomato Paste, no salt added, (2 Tablespoons)	27	32	197
Tomato, whole, diced, no salt added, (1 cup)	46	24	163
Tomato, whole, diced (1 cup)	41	307	163
Green Beans (3/4 cup)	18	236	76
Green Beans, no salt added, (3/4 cup)	18	2	76
Green Peas, (1/2 cup)	59	214	49
Green Peas, no salt added, (1/2 cup)	59	2	49
Yellow Corn, (1/2 cup)	66	175	28
Yellow Corn, no salt added (1/2 cup)	66	15	28
Peaches, halves, canned in own juice (1.5 cups)	164	15	29
Peaches halves, canned in light syrup (1.5 cups)	203	19	21
Peaches halves, canned in heavy syrup (1.5 cups)	291	24	16

FAST FOODS

Cheese Pizza (2 slices)	281	672	17
Biscuit w/ Egg & Bacon, fast food (1 item)	457	999	11
Fast Food Cheeseburger (1 item)	287	495	11
Fish Filet, Batter Coated, Fried (4 ounces)	263	603	10
French Fried Potatoes, fried in vegetable oil, fast food (2.5 ounces)	242	140	7

FROZEN DESSERTS

Vanilla Ice Cream (1 cup)	289	115	9
Sherbet, all flavors (1 cup)	213	68	9
Frozen Fruit & Juice Bar (1 item)	75	4	9
Vanilla Frozen Yogurt (1 cup)	221	125	8
Ice Pop or Popsicle (1 item)	42	7	0

SNACKS

Dark Chocolate Candy Bar 45-59% cocoa (1.5 oz)	254	4	34
Milk Chocolate Candy Bar (1.5 oz)	235	35	21
Popcorn, air popped, no salt (4 cups) (4 cups)	122	1	16
Hard Pretzels, salted (60 grams) (10 items)	229	814	13
Fruit Roll Ups (1 item)	50	55	12
Chocolate Pudding (1 cup)	309	835	11
Potato Chips, salted (1 ounce)	152	168	11
Plain Granola Bar, (1 item)	115	72	11
Chocolate Sandwich Cookie with Creme Filling (3 items)	140	145	9
Toaster Pastry (1 item)	219	214	8
Fig Bar (2 items)	111	112	8
Popcorn, oil popped, no salt (4 cups) (44 grams)	229	1	8
Corn Puffs, cheese flavored (1 ounce)	157	298	8
Chocolate Chip Cookies, ready to eat (3 items)	147	89	7
Apple Pie, Prepared (1 slice)	411	327	6
Corn chips, plain (1 ounce)	153	179	6
Pound Cake (1 slice)	291	298	5
Chocolate Cake with Frosting (1 slice)	235	214	5

OTHER

BEVERAGES

Beer, 12 oz (12 fluid ounces)	139	14	7
Wine, (4 fluid ounces)	80	6	3
Cola (8 fluid ounces)	60	25	1

SPREADS/DIPS

Apple Butter (1 tablespoon)	93	8	3
All Fruit Preserves (1 tablespoon)	56	6	3
Margarine (1 tablespoon)	101	133	3
Jelly (1 tablespoon)	56	6	1
Butter (1 tablespoon)	102	82	1

SWEETENERS

Maple Syrup ((2 tablespoons)	104	4	4
Brown Sugar (1 tablespoon))	34	1	2
Corn Syrup (2 tablespoons)	128	28	1
Honey (1 tablespoon)	64	1	1
White Granulated Sugar (1 tablespoon)	49	0	0

OILS

Vegetable oil (1 tablespoon)	120	0	9
Olive Oil (1 tablespoon)	119	0	9

