

Top Ten ANDI Scores of Food Categories

ANDI stands for “Aggregate Nutrient Density Index.” An ANDI score shows the nutrient density of a food on a scale from 1 to 1000 based on nutrient content. ANDI scores are calculated by evaluating an extensive range of micronutrients, including vitamins, minerals, phytochemicals and antioxidant capacities.

GREEN VEGETABLES

Vegetable ANDI Score

1. Mustard/Turnip/Collard Greens 1000
2. Kale 1000
3. Watercress 1000
4. Bok Choy/Baby 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

NON-GREEN VEGETABLES

Vegetable ANDI Score

1. Radish 554
2. Bean Sprouts 444
3. Red Pepper 366
4. Radicchio 359
5. Turnip 337
6. Carrot 336
7. Cauliflower 295
8. Artichoke 244
9. Tomato 190
10. Butternut Squash 156

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FRUIT

Fruit ANDI Score

1. Strawberries 212
2. Blackberries 178
3. Plum 157
4. Raspberries 145
5. Blueberries 130
6. Papaya 118
7. Orange 109
8. Cantalope 100
9. Kiwi 97
10. Watermelon 91
11. Peach 73
12. Apple 72
13. Cherries 68
14. Pineapple 64
15. Apricot 60

Beans

Vegetable ANDI Score

1. Lentils 104
2. Red Kidney Beans 100
3. Great Northern Beans 94
4. Adzuki Beans 84
5. Black Beans 83
6. Black-Eyed Peas 82
7. Pinto Beans 61
8. Edamame 58
9. Split Peas 58
10. Chickpeas (Garbanzos) 57

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Nuts & Seeds

Nuts & Seeds ANDI Score

1. Sunflower Seeds 78
2. Sesame Seeds 65
3. Flax Seeds 65
4. Pumpkin Seeds 52
5. Pistachios 48
6. Pecans 41
7. Almonds 38
8. Walnuts 34
9. Hazelnuts 32
10. Cashews 27

Whole Grains

Whole Grains ANDI Score

1. Oats, old-fashioned 53
2. Barley, whole grain 43
3. Wild Brown Rice 43
4. Brown Rice 41
5. Barley, pearled 32
6. Wheat berries 25
7. Cornmeal, whole grain 22
8. Quinoa 21
9. Millet 19
10. Bulgar 17

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Meat

Meat ANDI Score

1. Bison, top sirloin 39
2. Bison, chuck roast 36
3. Flank Steak 27
4. Chicken Breast 27
5. Turkey, light meat 25
6. Turkey, dark meat 24
7. Ground Beef, 85% – 90% lean 20-23
8. Beef, top round 22

Fish

Fish ANDI Score

1. Tuna* 46
2. Flounder 41
3. Sole 41
4. Salmon 39
5. Mahi Mahi 39
6. Trout 36
7. Snapper 35
8. Haddock 35

*May contain high levels of mercury.

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Cheese

Cheese ANDI Score

1. Feta 21
2. Cottage Cheese, low fat 18
3. Mozzarella, part skim 16
4. Ricotta, part skim 16
5. Swiss 15
6. Parmesan 15
7. Mozzarella, whole milk 14
8. Gouda 13
9. Provolone 13
10. Gruyere 13

Refrigerated Dairy Case

Refrigerated Dairy Case ANDI Score

1. Tofu 37
2. Nonfat Skim Milk 36
3. Soy Milk 33
4. Plain Nonfat Yogurt 30
5. Egg Substitute 30
6. Egg White 29
7. Low-fat 1% Milk 28
8. Egg 27
9. Hemp Milk 27
10. Tempeh