

Figure 1.4

### DR. FUHRMAN'S NUTRIENT DENSITY SCORES

Kale.....	100	Carrots/carrot juice ....	30	Avocados.....	6
Watercress .....	100	Blackberries .....	29	Apples .....	5
Collards .....	100	Raspberries.....	27	Peanut butter .....	5
Brussels sprouts .....	90	Blueberries.....	27	Corn .....	4
Bok choy .....	85	Oranges.....	27	Bananas.....	3
Spinach .....	82	Seeds: flax, sunflower, sesame, hemp, chia (avg)	25	Oatmeal .....	3
Arugula .....	77	Red grapes .....	24	Salmon.....	2
Cabbage .....	59	Cherries.....	21	White potato.....	2
Broccoli .....	52	Tofu.....	20	Skim milk .....	2
Cauliflower.....	51	Lentils.....	14	Whole-wheat bread .....	2
Romaine lettuce .....	45	Cantaloupe.....	12	Olive oil .....	2
Green and red peppers..	41	Beans (all varieties) ....	11	White bread.....	1
Onions .....	37	Plums .....	11	Chicken breast.....	1
Asparagus.....	36	Walnuts.....	10	Eggs .....	1
Leeks.....	36	Iceberg lettuce .....	10	White pasta .....	1
Strawberries.....	35	Pistachio nuts .....	9	Ground beef (85 percent lean).....	-4
Mushrooms .....	35	Cucumbers.....	9	Low-fat cheddar cheese	-6
Tomatoes and tomato products .....	33	Green peas.....	7	Potato chips.....	-9
Pomegranates/ pomegranate juice.....	30	Almonds .....	7	Cola.....	-10
		Cashews .....	6		

*To determine my Nutrient Density Scores, I considered an equal calorie serving of each food. The following nutrients were included in the evaluation: calcium, carotenoids (beta-carotene, alpha-carotene, lutein, zeaxanthin, lycopene), fiber, folate, glucosinolates, magnesium, selenium, vitamin C, vitamin E, zinc, phyto-sterols, resistant starch, and flavonoids; I also weighed the ORAC score. ORAC (oxygen radical absorbance capacity) is a method of measuring the antioxidant or radical-scavenging capacity of food.*

*Nutrient quantities, which are normally in many different measurements (mg, mcg, IU), were converted to a percentage of their recommended daily intake (RDI) so that a common value could be considered for each nutrient. For nutrients that have no RDI, I established goals based on available research and current understanding of the benefits of these factors. Additional points were added if the food item was anti-angiogenic (more on this later) or contained organosulfides, aromatase inhibitors, or resveratrol. Points were subtracted if the food item contained trans fat or an excessive amount of saturated fat, cholesterol, or sodium, or contained additives as a refined/processed food.*

*The total of the percent RDI or goal for each nutrient, adjusted with added/subtracted points, was then multiplied by a fraction to make the highest number equal 100 so that all foods could be considered on a numerical scale of 1 to 100.*