

Green Vegetables



Vegetable	ANDI Score
1. Mustard/Turnip/Collard Greens	1000
2. Kale	1000
3. Swiss Chard	1000
4. Upland/Watercress	1000
5. Bok Choy/Baby Bok Choy	865
6. Chinese/Napa Cabbage	714
7. Spinach	707
8. Arugula	604
9. Lettuce, Green Leaf	585
10. Chicory	516

Non-Green Vegetables



Vegetable	ANDI Score
1. Radish	502
2. Turnip	473
3. Carrots	458
4. Acorn Squash	444
5. Broccoli	444
6. Cabbage	434
7. Bell Pepper, Yellow or Orange	371
8. Kholrabi	352
9. Cauliflower	315
10. Rutabaga	296

ANDI stands for "Aggregate Nutrient Density Index," a scoring system that rates foods 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

GAME IDEA!

"Create a Meal" Each family member highlights or circles foods on this chart to create a meal of his or her choice.

"Shop' together for ingredients

"Compete" with family members. Whomever has highest ANDI score wins! His or her meal is cooked and doesn't have to help with clean-up duties!

Fruit



Fruit	ANDI Score
1. Cranberries, Fresh	207
2. Strawberries	182
3. Blackberries	171
4. Raspberries	133
5. Blueberries	132
6. Guava	125
7. Grapefruit	125
8. Grapes	119
9. Pomegranate	119
10. Cantalope	118
11. Plum	106
12. Orange	98
13. Tangerine	86
14. Apricots, Fresh	75
15. Watermelon	71

Herbs



Herbs	ANDI Score
1. Basil	518
2. Cilantro	481
3. Spearmint	457
4. Tarragon	426
5. Oregano	426
6. Thyme	422
7. Parsley	381
8. Dill	326
9. Chives	319
10. Peppermint	293
11. Bay Leaves	271
12. Rosemary	84
13. Lemongrass	55

Beans



Vegetable	ANDI Score
1. Edamame	98
2. Pinto Beans	86
3. Tofu	82
4. Great Northern Beans	77
5. Adzuki Beans	74
6. Lentils	72
7. Lima Beans	69
8. Kidney Beans	64
9. Black Beans	61
10. Chickpeas (Garbanzos)	55

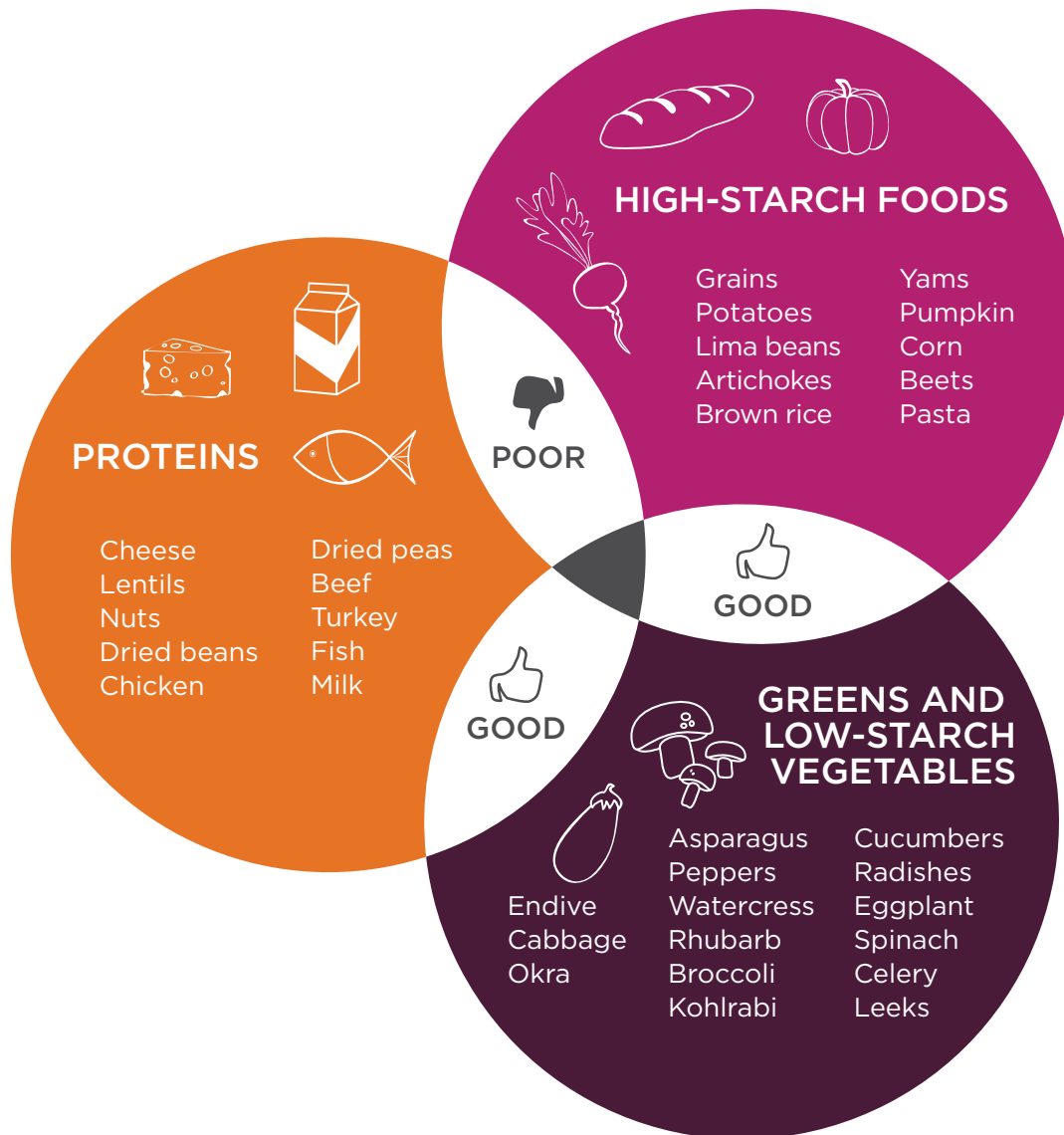
Nuts & Seeds



Nuts & Seeds	ANDI Score
1. Flax Seeds	103
2. Sesame Seeds	74
3. Sunflower Seeds	64
4. Peanuts	59
5. Chia Seeds	46
6. Pumpkin Seeds	39
7. Pistachios	37
8. Chestnuts	34
9. Hazelnuts	34
10. Pecans	33

FOOD COMBINING SIMPLIFIED

According to the rules of food combining, one food per meal is ideal for optimal digestion. A combination of several foods at a meal should be in accordance with the chart below.



Avocados are best combined with low-starch vegetables



Choose one kind of fruit at a time, and avoid mixing fruits



Only eat fruit for breakfast or in the morning



Tomatoes may be combined with low-starch vegetables

Adapted from HSU & Co. www.hsu.com

HEALTHY SHOPPING LIST

2019 Healthy Nurses Conference
Health Focus Session C - Clean Eating

The first step to cooking healthfully is to stock your kitchen with a variety of nutritious foods. Use this chart to help plan your shopping trips. Fill in the blanks with foods you like to keep on hand as part of a nutritious diet. Keep a copy on your fridge to plan your grocery list, and make your shopping trips quick and easy!



VEGETABLES

FRUIT

WHOLE GRAINS

ANIMAL/NON-ANIMAL PROTEIN SOURCES

CONDIMENTS AND SPICES

NUTS AND SEEDS

DRIED GOODS

SWEETENERS AND SNACKS

BEVERAGES
