

ANDI (Aggregate Nutrient Density Index)

In the USA, Whole Foods Market has adopted ANDI nutrition rating system. The aggregate nutrient density index measures the amount of nutrients in a food (carbohydrates, fats, proteins, vitamins and minerals) related to the amount of energy (calories) in a food.

The ANDI score is based on a scale of 1 to 1000, with 1000 being the highest nutrient density possible. Whole Foods is the first food store to begin to label certain foods with their specific ANDI score, in an effort to help shoppers make smart, nutritious decisions.

Keep in mind that nutrient density scoring is not the only factor that determines good health. For example, if we only ate foods with a high nutrient density score our diet would be too low in fat. So we have to pick some foods with lower nutrient density scores (but preferably the ones with the healthier fats) to include in our high nutrient diet.

Here are some sample scores so you can get an idea of which foods are rated higher and lower on the scale:

- Mustard/Turnip/Collard Greens: 1000
- Kale: 1000
- Watercress: 1000
- Bok Choy: 824
- Spinach: 739
- Rocket: 559
- Cabbage: 481
- Broccoli: 376
- Strawberries: 212
- Blackberries: 178
- Apple: 72
- Black Beans: 83
- Sunflower Seeds: 78
- Almonds: 38
- Walnuts: 34
- Bison: 39
- Chicken Breast: 27
- Salmon: 39
- Trout: 36
- Oats: 53
- Quinoa: 21
- Plain Nonfat Yogurt: 30

