



P.A.N.D.A. Positively Absolutely Nutrient Dense Always

Highest nutrient density = 100

Lowest nutrient density = 0

<p>100 Raw leafy green vegetables romaine lettuce, leaf lettuces, kale, collards, spinach, Swiss chard, parsley, daikon</p>	<p>22 Whole Grains barley, wheat berry, buckwheat, millet, oats, brown rice, wild rice, quinoa</p>
<p>97 Solid green vegetables artichokes, asparagus, bok choy, broccoli, Brussels sprouts, cabbage, celery, cucumber, kohlrabi, okra, peas, peppers, snow peas, string beans, zucchini</p>	<p>20 Raw Nuts and Seeds almonds, cashews, filberts, macadamias, pecans, pine nuts, pistachios, pumpkin seeds, sunflower seeds, walnuts</p>

<p>50 Non-green, non-starchy vegetables beets, eggplant, mushrooms, onions, tomatoes, yellow and red peppers, bamboo shoots, water chestnuts, cauliflower</p>	<p>15 Fish</p>
<p>48 Beans/legumes red kidney beans, chickpeas, pinto beans, cowpeas, navy beans, cannellini beans, soybeans, lentils, white beans, lima beans, pigeon peas, black-eyed peas, black beans</p>	<p>13 Fat-free Dairy</p>
<p>45 Fresh Fruits apples, apricots, bananas, blackberries, blueberries, cantaloupes, grapefruits, grapes, kiwis, mangoes, nectarines, all melons, oranges, peaches, pears, persimmons, pineapples, plums, raspberries, strawberries, tangerines, watermelons</p>	<p>11 Wild Meats and Fowl and Eggs</p>
<p>35 Starchy Vegetables white potatoes, sweet potatoes, butternut squash, acorn squash, winter squash, parsnips, pumpkins, turnips, corn, carrots, chestnuts</p>	<p>8 Red Meat</p>
	<p>4 Full-fat Dairy</p>
	<p>3 Cheese</p>
	<p>2 Refined Grains (White Flour)</p>
	<p>1 Refined Oils</p>
	<p>0 Refined Sweets</p>

From Eat to Live by Dr. Joel Fuhrman



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