

Daily Servings



2 large portions of:

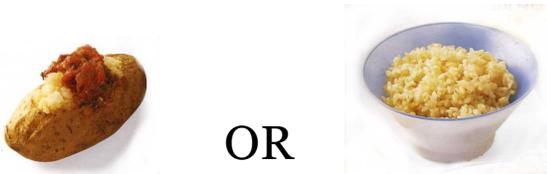
- Salad
- Dark Leafy Greens (steamed)
- Green Smoothie
- Green Vegetable Juice



Beans and Lentils
as much as you want to eat



3-4 fresh Fruits



OR

1 starchy Vegetable - or - 1 cup whole grain



Small handful of nuts and seeds (1/4 cup)



Whole Food Oils

1/2 Avocado and 2 TBLS Ground Golden Flax or Chia Seed or Hemp Seed (Hemp once a week)

The Nutrient-Density Line*

The nutrient-density scores below are based on identified phytochemicals, antioxidant activity, and total vitamin and mineral content.

Highest density = 100

Lowest density = 0

- 100 Raw leafy green vegetables (darker green has more nutrients)
dark green salad mix, romaine lettuce, kale, collards, dandelion greens, mustard greens, spinach, Swiss chard, parsley, daikon greens
- 97 Solid green vegetables (raw, steamed, sautéed)
artichokes, asparagus, bok choy, broccoli, Brussels sprouts, cabbage, celery, cucumber, kohlrabi, okra, peas, peppers, snow peas, string beans, zucchini
- 50 Non-green, non-starchy vegetables
beets, eggplant, mushrooms, onions, garlic, tomatoes, yellow and red peppers, bamboo shoots, water chestnuts, cauliflower, radish
- 48 Beans/legumes (cooked, or sprouted)
aduki beans, mung beans, red kidney beans, chickpeas, pinto beans, navy beans, cannelloni beans, soybeans, lentils, white beans, lima beans, black-eyed peas, black beans
- 45 Fresh fruits
apples, apricots, bananas, blackberries, blueberries, cantaloupes, cherries, grapefruits, grapes, kiwis, mangoes, nectarines, all melons, oranges, peaches, pears, persimmons, pineapples, raspberries, strawberries, tangerines, watermelons
- 35 Starchy vegetables
butternut squash, acorn squash, winter squash, parsnips, pumpkins, turnips, corn, carrots, white potatoes, sweet potatoes, sunchokes
- 22 Whole grains
buckwheat, millet, brown rice wild rice, quinoa, amaranth
- 20 Raw nuts and seeds
almonds, filberts, pumpkin seeds, sunflower seeds, walnuts (walnuts just once a week)

- 15 Fish
- 13 Fat-free dairy
- 11 Wild meats and fowl
- 11 Eggs
- 8 Red meat
- 4 Full-fat dairy
- 3 Cheese
- 2 Refined grains (white flour)
- 0 Refined sweets

*Adapted from "Eat to Live" by Joel Fuhrman, MD