

# NUTRIENT

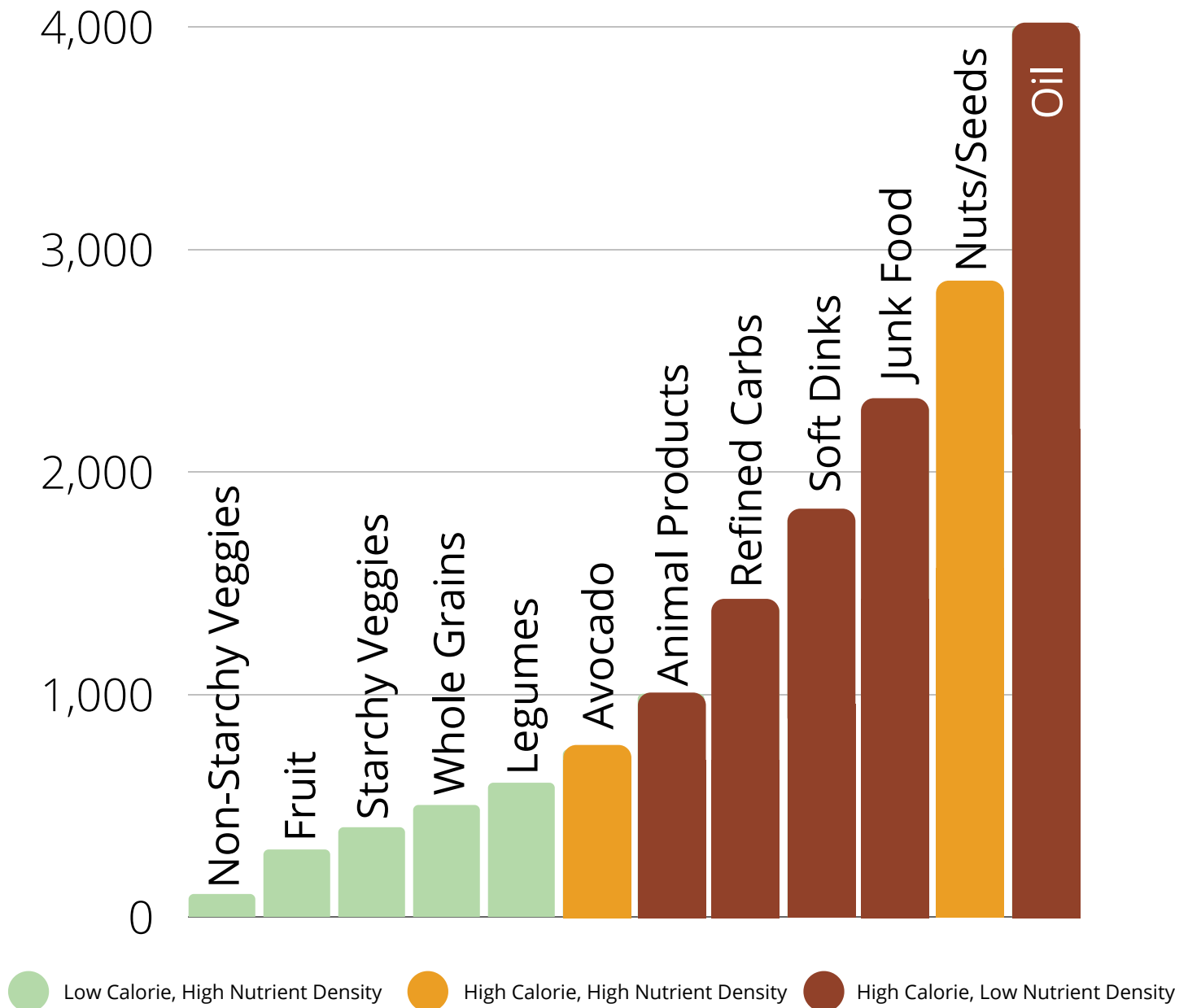
*density!*



# What Is Nutrient Density?

In a nut shell, **nutrient density** is the amount of nutrients you get per calorie consumed. Nutrient dense foods provide more nutrients in fewer calories. When I say nutrients, I'm referring to vitamins, minerals, complex carbohydrates, lean protein, and healthy fats.

## APPROXIMATE CALORIES per pound of food





# Scores on Dr. Joel Fuhrman's 1-1000 Aggregate Nutrient Density Index

|                      |      |                 |     |                   |    |
|----------------------|------|-----------------|-----|-------------------|----|
| Kale                 | 1000 | Cantaloupe      | 100 | Skim Milk         | 36 |
| Collards             | 1000 | Kidney Beans    | 100 | Walnuts           | 34 |
| Bok Choy             | 834  | Sweet Potato    | 83  | Grapes            | 31 |
| Spinach              | 739  | Black Beans     | 83  | White Potato      | 31 |
| Broccoli Rabe        | 715  | Sunflower Seeds | 78  | Banana            | 30 |
| Chinese/Napa Cabbage | 704  | Apple           | 76  | Cashews           | 27 |
| Brussel Sprouts      | 672  | Peach           | 73  | Chicken Breast    | 27 |
| Swiss Chard          | 670  | Green Peas      | 70  | Eggs              | 27 |
| Arugula              | 559  | Cherries        | 68  | Peanut Butter     | 26 |
| Cabbage              | 481  | Flax Seeds      | 65  | Whole Wheat Bread | 25 |
| Romaine Lettuce      | 389  | Pineapple       | 64  | Feta Cheese       | 21 |
| Broccoli Rabe        | 376  | Chickpeas       | 57  | Whole Milk        | 20 |
| Carrot Juice         | 344  | Oatmeal         | 53  | Ground Beef       | 20 |
| Cauliflower          | 295  | Pumpkin Seeds   | 52  | White Pasta       | 18 |
| Green Peppers        | 258  | Mango           | 51  | White Bread       | 18 |
| Artichoke            | 244  | Cucumber        | 50  | Apple Juice       | 16 |
| Carrots              | 240  | Soybeans        | 48  | Swiss Cheese      | 15 |
| Asparagus            | 234  | Pistachio Nuts  | 48  | Low Fat Yogurt    | 14 |
| Strawberries         | 212  | Corn            | 44  | Potato Chips      | 11 |
| Pomegranate Juice    | 193  | Brown Rice      | 41  | American Cheese   | 10 |
| Blueberries          | 130  | Salmon          | 39  | Vanilla Ice Cream | 9  |
| Iceburg Lettuce      | 110  | Almonds         | 38  | French Fries      | 7  |
| Orange               | 109  | Shrimp          | 38  | Olive Oil         | 2  |
| Lentils              | 100  | Avocado         | 37  | Cola              | 1  |

Dr. Joel Fuhrman coined the term **nutritarianism** which is a diet centered around nutrient dense foods. This chart was created by Dr. Fuhrman to show the micronutrient density of popular foods per calorie.

The closer a food is to 1000, the more nutrient dense it is.

# HOMEMADE VEGAN FOOD

## Ingredient and Nutrient Breakdown

|                                                                                                                                       |                                 |        |
|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|--------|
|  Jumbo Chocolate Breakfast Muffins                     | 1 Serving                       | 364.55 |
|  Bob's Red Mill, Flax Seed Meal, Ground                | 0.5 × 2 Tablespoon              | 30     |
|  Peanut Butter, Salted                                 | 1 tbsp                          | 96.43  |
|  Strawberries, Raw                                     | 1 cup, halves                   | 48.64  |
|  Coffee, Prepared From Grounds                         | 1 small or tall - each 12 fl oz | 3.55   |
|  Planet Oat, Oat Milk, Extra Creamy                    | 0.33 cup (240ml)                | 40     |
|  Lettuce, Romaine or Cos                               | 2 cup, chopped                  | 15.98  |
|  Brown Rice, Steamed                                   | 1 cup                           | 248.45 |
|  Tofu, Raw, Not Silken, Cooked, Extra Firm             | 150 g                           | 165.59 |
|  Corn Tortilla, Plain                                  | 2 each - 6" diameter            | 104.64 |
|  Salsa, Ready-to-Serve                                 | 0.25 cup                        | 18.78  |
|  Avocado, Black Skin                                   | 0.5 each                        | 113.56 |
|  Refried Beans, Canned, Fat Free                       | 0.33 cup                        | 60.83  |
|  Apple, Fresh, With Skin                               | 1 medium - 3" diameter          | 94.64  |
|  Almond Butter, Salted                                | 1 tbsp                          | 95.94  |
|  Simple Truth Organic, Sprouted Seeded Bread         | 2 slice                         | 140    |
|  Dr. Praeger's, Veggie Burgers, Black Bean Quinoa    | 1 × 2.50 oz                     | 140    |
|  Ketchup                                             | 2 tbsp                          | 30.3   |
|  Lettuce, Romaine or Cos                             | 1 outer (large) leaf            | 4.76   |
|  Tomato, Red, Raw                                    | 1 thick slice - 1/2" thick      | 4.86   |
|  Broccoli, Cooked From Fresh                         | 2 cup, chopped                  | 109.2  |
|  Trader Joe's, Belgian Dark Chocolate Bar, 72% Cacao | 0.33 × 3 Piece                  | 76.67  |

## Highlighted Nutrients

### LOW

Vitamin B12: 0%\*  
Potassium: 89%

### GOOD

Calories: 2007  
Protein: 76 grams  
Sodium: 126%  
Fiber: 268%  
Iron: 120%  
Calcium: 125%  
Vitamin C: 428%  
Folate: 187%

### HIGH

Vitamin A: 727%

# VEGAN FAST FOOD

## Ingredient and Nutrient Breakdown

| Description                                                                                                          | Amount | Unit                                    | Energy (kcal) |
|----------------------------------------------------------------------------------------------------------------------|--------|-----------------------------------------|---------------|
|  Whole Foods, Vegan Blueberry Muffin | 100    | g                                       | 403.85        |
|  Strawberries, Raw                   | 1      | cup, halves                             | 48.64         |
|  Chipotle, Brown Rice                | 1      | order                                   | 200.72        |
|  Chipotle, Tofu Sofritas             | 1      | order                                   | 149.73        |
|  Chipotle, Fajita Vegetables         | 1      | order                                   | 19.64         |
|  Chipotle, Lettuce                   | 1      | regular - amount for burritos and tacos | 4.82          |
|  Chipotle, salsa, fresh tomato       | 1      | Portion Cup                             | 25            |
|  Chipotle, Tomato Salsa, Mild        | 1      | order                                   | 13.95         |
|  Chipotle, Guacamole                 | 1      | order                                   | 192.19        |
|  Burger King, Impossible Whopper     | 1      | burger                                  | 630           |
|  Burger King, French Fries           | 1      | small - order                           | 317.78        |

## Highlighted Nutrients

### LOW

Iron: 59%  
Calcium: 23%  
Vitamin B12: 0%\*  
Folate: 66%  
Potassium: 49%

### GOOD

Calories: 2006  
Protein: 58.4 grams  
Fiber: 118%  
Vitamin A: 158%  
Vitamin C: 269%

### HIGH

Sodium: 290%

## \*A Note on B12

B12 is a vital nutrient that can't be found naturally in plant foods. So in order to meet your B12 needs, you will likely want to take a supplement and/or eat B12 fortified foods. Talk to your doctor about how many micrograms are best for you.

## Recipes Mentioned in this Video

[Healthy Chocolate Breakfast Muffins](#) (← link)

[Taco Tofu Crumbles](#) (← link)

[Homemade Baked Tortilla Chips](#) (← link)

# PLANT BiASED

In my Plant Biased print book and ebook, I share practical advice and mouth-watering recipes (including 100+ photos so you know what you're making!) for those looking to start a healthier vegan or plant-based diet.

Whether you're an absolute beginner in plant-based healthy eating or you're looking for more inspiration to spice up your vegan meals, Plant Biased will be the one indispensable cookbook you always keep handy in the kitchen.



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## About the The Conscientious Eater

Faith started her plant-based food blog over six years ago as a way to document her (overnight!) transition to a plant-based diet. Her recipes are often inspired from her travels around the world and are both family and friend approved. As a new mom, Faith focuses on quick, wholesome recipes that the entire family can enjoy together.

She believes in a balanced diet, so baked goods and dessert are always included! She hopes the recipes she shares on her blog will not only inspire you in the kitchen, but make plant-based eating seem fun and attainable.



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