

NUTRIENT-DENSE VEGETABLES



spinach - 93%



asparagus - 86%



kale - 81%



broccoli - 79%



Brussels sprouts - 74%



cauliflower - 73%



lettuce - 73%



green beans - 71%



zucchini - 66%



carrots - 66%



celery - 64%



bell peppers - 59%

NUTRITIOUS FRUIT



tomato - 59%



black currants - 50%



strawberries - 49%



raspberries - 48%



blackberries - 48%



cantaloupe - 45%



apricot - 43%



kiwi fruit - 43%



peach - 40%



avocado - 39%



mango - 38%



orange - 37%