

# NUTRIENT CONSUME SCORE at a Glance



Color	Vegetables	Fruits	Nuts/Seeds/Beans	Savory Snacks	Sweet Treats	Cereals	Other Grains	Dairy/Milk	Meats/Fish/Egg	Meals	Cond/ Sauces	Beverages
>=90	Kale (100) Broccoli (100) Carrots (100) Tomatoes (100)	Raspberries (100) Strawberries (100) Orange (98) Blueberries (94)	Lima Beans (98) Edamame (95) Lentils (94) Black Beans (93)						Fresh Tuna (96) Fresh Salmon (90)	Fish Kabob (94) Bouillabaisse (92)	Natto (92) Marinara (91)	Water (100) Celery Juice (93) Black Coffee (90) Green Tea (90)
	Cooked Veggies (80's) Sweet Potato (89) Kimchi (87) Corn (86)	Cherries (88) Plum (87) Apple (86) Cantaloupe (81)	Tofu (88) Chia Seeds (84) Flax Seeds (83) Almonds (80)			Plain Oatmeal (89)	Injera (83) Bulgur Wheat (82)	Greek Yogurt (86) Ricotta Cheese (83) Low Fat Yogurt (81) Whole Fat Yogurt (80)	Canned Salmon (89) Canned Sardines (89) Baked Tilapia (84) Grilled Salmon (83)	Beans & Rice (89) Bean Soup (88) Fish Curry (87) Vegetable Curry (84)	Marinara w/ Meat (89) Picco de Gallo (88) Bean Dip (80) Guacamole (80)	Beet Juice (88) Veg Juice (87) Protein Slimfast (86) Muscle Milk (85)
>=70	Winter Squash (77) Rhubarb (75) Sweet Pot. Fries (74) Dill Pickles (72)	Dried Peach (79) Mango (79) Melon (75) Watermelon (72)	Pecans (78) Peanuts (79) Cashews (70) Peanut Butter (70)			Instant Oatmeal (76) Cream of Wheat (73) Shredded Wheat (70)	Multigrain Bread (78) Quinoa (77) Roti Bread (74) Corn tortilla (71)	Cottage Cheese (79) Soy Milk (79) Low Fat Milk (78) Whole Milk (77)	Chicken Breast (79) Whole Egg (78) Lean Beef (74) Ground Chicken (70)	Tuna Sushi (76) Chicken Curry (74) Beef Stew (74) Taco Salad w/ Meat (71)	Salsa (79) Taco Sauce (76) Hot Sauce (74) Vodka Sauce (74)	Veg. Smoothie (79) Nonfat Latte (77) Non Alc. Wine (76) Fruit Smoothie (75)
	Potato (69) Creamed Spinach (67) Tzatziki Dip (65) Creamed Corn (60)	Canned Peach (69) Pineapple (63) Grapes (62) Banana (60)	Cashew Butter (67) Chestnuts (65) Honey Pecans (65) Falafel (62)	Nori Seaweed (67) Bean Chips (62) Sweet Potato Chips (62) Vegetable Chips (60)	Kind Bar (65) Crème Brûlée (64) Frozen Yogurt (64) Choc. Pudding (60)	Kashi Cereal (68) Home Granola (67) Grape Nuts (62) Alpen (61)	Whole Grain Pasta (67) Wild Rice (67) Puri Bread (63) Oat Bran Bread (61)	Chocolate Milk (68) Almond Milk Sweet (67) Swiss Cheese (64) No Fat Mozzarella (63)	Chicken Thigh (69) Ground Beef (66) Beef Steak (65) Fried Chicken (62)	Beef & Potatoes (67) Rice w/ vegetables (62) Corn Taco w/ meat (62) Pasta & Sauce (62)	Hummus (69) Mustard (63) Oil (63) Vinegar (60)	Tomato Juice (69) Nonfat Mocha (63) Carrot Juice (60) Boost (60)
>=60	Candied Yams (56) Potato Salad (51) Mashed Potato (46) French Fries (42)	Applesauce (57) Raisins (45) Coconut (42) Cherry Pie Fill. (40)		Stovetop Popcorn (57) Multigrain Chips (48) Taro Chips (45) Bag Pocom Plain (43)	Choc. Almonds (59) Choc. Icecream (52) Granola Bar (43) Pumpkin Pie (41)	Bran Flakes (59) Cracklin' Oat Bran (58) Oatmeal Squares (49) Total (48)	Brown Rice (58) French Toast (46) Raisin Bread (44) Multigrain Roll (43)	Rice Milk (58) Mozzarella (47) Goat Cheese (45) Cheddar (41)	Roast Duck (59) Pork Belly (47) Deli Meat (42) Beef Shortribs (40)	Chicken Nachos (56) PB&J Sandwich (54) Flour Taco w/ meat (50) Mac & Cheese (47)	Soy Sauce (57) Miso (51) Fish Sauce (50) Yogurt Dip (43)	Ensure (59) Beer (49) Orange Juice (48) Wine (43)
	Tater Tots (38) Hash Brown (32) Onion Rings (30) Sweet Pickles (25)	Banana chips (38) Dried Mango (38) Dried Cherries (34) Craisens (33)		Potato Chips (32) Rice Crackers (28) Triscuits (24) Corn Nuts (24)	Sorbet (38) Apple Pie (30) Snickers (24) Cookie (24)	Basic 4 (37) Raisin Bran Crunch (33) Honey Nut Cheerios (27) Wheaties (25)	White bread (37) Pita Bread (27) Pancake (25) Waffle (18)	Brie (39) Feta (36) American (31) Parmesan (27)	Chicken Nuggets (39) Sausage (37) Ham (31) Prosciutto (27)	Cheeseburger (33) Cheese Pizza (36) Grilled Cheese (32) Meet Pizza (26)	Artichoke Dip (34) Mayonnaise (33) Pesto (23) Butter (21)	Red Bull (39) Apple Juice (38) Sweet Tea (35) Grape Juice (34)
>=20				Fritos (19) Pringles (15) Microwave Popcorn (8) Cheetos (1)	Doughnut (19) M&Ms (12) Starbursts (3) Twinkie (1)	Kix (17) Froot Loops (11) Lucky Charms (1) Frosted Flakes (1)	Cheese Bread (15) Scone with Fruit (7) Hush Puppy (3) Biscuit (1)	Sausage (17) Beef Jerky (2) Bacon (1) Hot Dog (1)	Bologna Sandwich (17) Hot Dog Sandwich (6) Corn Dog (5) Sausage Biscuit (1)	Hollandaise (10) Peanut sauce (10) Alfredo (2) Ketchup (1)	Cola (18) Ginger Ale (15) Daiquiri (6) Vodka (4)	
>=1												