



Mineral Density Food Charts: WHF

Use the information below to help you choose foods to fortify your diet. WHF may list some allergenic foods that are not recommended for an optimal diet (peanuts, dairy, eggs, soy, etc.).

Data collected/current as of: March 21st, 2016 and collected from World's Healthiest Foods (WHF): www.whfoods.com/

Calcium						
World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Tofu	4 oz	164.4	774.51	77	8.5	excellent
Collard Greens	1 cup	62.7	267.90	27	7.7	excellent
Spinach	1 cup	41.4	244.80	24	10.6	excellent
Turnip Greens	1 cup	28.8	197.28	20	12.3	excellent
Mustard Greens	1 cup	36.4	165.20	17	8.2	excellent
Beet Greens	1 cup	38.9	164.16	16	7.6	excellent
Bok Choy	1 cup	20.4	158.10	16	14.0	excellent
Yogurt	1 cup	149.4	296.45	30	3.6	very good
Swiss Chard	1 cup	35.0	101.50	10	5.2	very good
Kale	1 cup	36.4	93.60	9	4.6	very good
Cinnamon	2 tsp	12.8	52.10	5	7.3	very good
Sesame Seeds	0.25 cup	206.3	351.00	35	3.1	good
Sardines	3.20 oz	188.7	346.54	35	3.3	good
Cheese	1 oz	114.2	204.40	20	3.2	good
Cow's milk	4 oz	74.4	137.86	14	3.3	good
Cabbage	1 cup	43.5	63.00	6	2.6	good
Broccoli	1 cup	54.6	62.40	6	2.1	good
Brussels Sprouts	1 cup	56.2	56.16	6	1.8	good
Green Beans	1 cup	43.8	55.00	6	2.3	good
Oranges	1 medium	61.6	52.40	5	1.5	good
Summer Squash	1 cup	36.0	48.60	5	2.4	good
Fennel	1 cup	27.0	42.63	4	2.8	good
Parsley	0.50 cup	10.9	41.95	4	6.9	good
Asparagus	1 cup	39.6	41.40	4	1.9	good

Calcium World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Celery	1 cup	16.2	40.40	4	4.5	good
Cumin	2 tsp	15.8	39.10	4	4.5	good
Basil	0.50 cup	4.9	37.52	4	13.8	good
Garlic	6 cloves	26.8	32.58	3	2.2	good
Oregano	2 tsp	5.3	31.94	3	10.8	good
Leeks	1 cup	32.2	31.20	3	1.7	good
Romaine Lettuce	2 cups	16.0	31.02	3	3.5	good
Cloves	2 tsp	11.5	26.54	3	4.2	good
Black Pepper	2 tsp	14.6	25.69	3	3.2	good
Tofu	4 oz	164.4	774.51	77	8.5	excellent
Collard Greens	1 cup	62.7	267.90	27	7.7	excellent
Spinach	1 cup	41.4	244.80	24	10.6	excellent
Turnip Greens	1 cup	28.8	197.28	20	12.3	excellent
Mustard Greens	1 cup	36.4	165.20	17	8.2	excellent
Beet Greens	1 cup	38.9	164.16	16	7.6	excellent
Bok Choy	1 cup	20.4	158.10	16	14.0	excellent
Yogurt	1 cup	149.4	296.45	30	3.6	very good
Swiss Chard	1 cup	35.0	101.50	10	5.2	very good
Kale	1 cup	36.4	93.60	9	4.6	very good
Cinnamon	2 tsp	12.8	52.10	5	7.3	very good
Sesame Seeds	0.25 cup	206.3	351.00	35	3.1	good
Sardines	3.20 oz	188.7	346.54	35	3.3	good
Cheese	1 oz	114.2	204.40	20	3.2	good
Cow's milk	4 oz	74.4	137.86	14	3.3	good
Cabbage	1 cup	43.5	63.00	6	2.6	good
Broccoli	1 cup	54.6	62.40	6	2.1	good
Brussels Sprouts	1 cup	56.2	56.16	6	1.8	good
Green Beans	1 cup	43.8	55.00	6	2.3	good
Oranges	1 medium	61.6	52.40	5	1.5	good
Summer Squash	1 cup	36.0	48.60	5	2.4	good
Fennel	1 cup	27.0	42.63	4	2.8	good
Parsley	0.50 cup	10.9	41.95	4	6.9	good
Asparagus	1 cup	39.6	41.40	4	1.9	good
Celery	1 cup	16.2	40.40	4	4.5	good

Calcium World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Cumin	2 tsp	15.8	39.10	4	4.5	good
Basil	0.50 cup	4.9	37.52	4	13.8	good
Garlic	6 cloves	26.8	32.58	3	2.2	good
Oregano	2 tsp	5.3	31.94	3	10.8	good
Leeks	1 cup	32.2	31.20	3	1.7	good
Romaine Lettuce	2 cups	16.0	31.02	3	3.5	good
Cloves	2 tsp	11.5	26.54	3	4.2	good
Black Pepper	2 tsp	14.6	25.69	3	3.2	good
World's Healthiest Foods Rating		Rule				
excellent		DRI/DV $\geq$ 75% OR Density $\geq$ 7.6 AND DRI/DV $\geq$ 10%				
very good		DRI/DV $\geq$ 50% OR Density $\geq$ 3.4 AND DRI/DV $\geq$ 5%				
good		DRI/DV $\geq$ 25% OR Density $\geq$ 1.5 AND DRI/DV $\geq$ 2.5%				

Chromium World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Broccoli	1 cup	54.6	18.55	53	17.5	excellent
Barley	0.33 cup	217.1	8.16	23	1.9	good
Oats	0.25 cup	151.7	5.38	15	1.8	good
Green Beans	1 cup	43.8	2.04	6	2.4	good
Tomatoes	1 cup	32.4	1.26	4	2.0	good
Romaine Lettuce	2 cups	16.0	1.25	4	4.0	good
Black Pepper	2 tsp	14.6	0.93	3	3.3	good
World's Healthiest Foods Rating		Rule				
excellent		DRI/DV $\geq$ 75% OR Density $\geq$ 7.6 AND DRI/DV $\geq$ 10%				

very good	DRI/DV $\geq$ 50% OR Density $\geq$ 3.4 AND DRI/DV $\geq$ 5%
good	DRI/DV $\geq$ 25% OR Density $\geq$ 1.5 AND DRI/DV $\geq$ 2.5%

Copper World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Tuna	4 oz	147.4	25.03	156.44	19.1	excellent
Chicken	4 oz	187.1	15.55	97.19	9.3	excellent
Turkey	4 oz	166.7	13.32	83.25	9.0	excellent
Mushrooms, Crimini	1 cup	15.8	2.74	17.12	19.5	excellent
Salmon	4 oz	157.6	9.02	56.38	6.4	very good
Lamb	4 oz	350.4	8.05	50.31	2.6	very good
Beef	4 oz	132.7	7.60	47.50	6.4	very good
Asparagus	1 cup	39.6	1.95	12.19	5.5	very good
Tomatoes	1 cup	32.4	1.07	6.69	3.7	very good
Bell Peppers	1 cup	28.5	0.90	5.62	3.6	very good
Sardines	3.20 oz	188.7	4.76	29.75	2.8	good
Peanuts	0.25 cup	206.9	4.40	27.50	2.4	good
Shrimp	4 oz	134.9	3.04	19.00	2.5	good
Brown Rice	1 cup	216.4	2.98	18.62	1.5	good
Sweet Potato	1 medium	180.0	2.97	18.56	1.9	good
Sunflower Seeds	0.25 cup	204.4	2.92	18.25	1.6	good
Barley	0.33 cup	217.1	2.82	17.62	1.5	good
Green Peas	1 cup	115.7	2.78	17.38	2.7	good
Potatoes	1 medium	160.9	2.44	15.25	1.7	good
Cod	4 oz	96.4	1.52	9.50	1.8	good
Corn	1 each	73.9	1.30	8.12	2.0	good
Carrots	1 cup	50.0	1.20	7.50	2.7	good
Cantaloupe	1 cup	54.4	1.17	7.31	2.4	good
Mushrooms, Shiitake	0.50 cup	40.6	1.09	6.81	3.0	good
Collard Greens	1 cup	62.7	1.09	6.81	2.0	good
Winter Squash	1 cup	75.8	1.01	6.31	1.5	good
Brussels Sprouts	1 cup	56.2	0.95	5.94	1.9	good
Summer Squash	1 cup	36.0	0.92	5.75	2.9	good

Copper World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Spinach	1 cup	41.4	0.88	5.50	2.4	good
Broccoli	1 cup	54.6	0.86	5.38	1.8	good
Green Beans	1 cup	43.8	0.77	4.81	2.0	good
Bok Choy	1 cup	20.4	0.73	4.56	4.0	good
Beet Greens	1 cup	38.9	0.72	4.50	2.1	good
Soy Sauce	1 TBS	10.8	0.71	4.44	7.4	good
Kale	1 cup	36.4	0.65	4.06	2.0	good
Chili Peppers	2 tsp	15.2	0.63	3.94	4.7	good
Swiss Chard	1 cup	35.0	0.63	3.94	2.0	good
Mustard Greens	1 cup	36.4	0.61	3.81	1.9	good
Eggplant	1 cup	34.6	0.59	3.69	1.9	good
Turnip Greens	1 cup	28.8	0.59	3.69	2.3	good
Cabbage	1 cup	43.5	0.57	3.56	1.5	good
Fennel	1 cup	27.0	0.56	3.50	2.3	good
Cauliflower	1 cup	28.5	0.51	3.19	2.0	good
Sea Vegetables	1 TBS	10.8	0.46	2.88	4.8	good
Parsley	0.50 cup	10.9	0.40	2.50	4.1	good
Chili Peppers	2 tsp	15.2	0.05	6	6.6	very good
Romaine Lettuce	2 cups	16.0	0.05	6	6.3	very good
Garlic	6 cloves	26.8	0.05	6	3.7	very good
Navy Beans	1 cup	254.8	0.38	42	3.0	good
Pinto Beans	1 cup	244.5	0.37	41	3.0	good
Black Beans	1 cup	227.0	0.36	40	3.2	good
Quinoa	0.75 cup	222.0	0.36	40	3.2	good
Dried Peas	1 cup	231.3	0.35	39	3.0	good
Barley	0.33 cup	217.1	0.31	34	2.9	good
Millet	1 cup	207.1	0.28	31	2.7	good
Avocado	1 cup	240.0	0.28	31	2.3	good
Buckwheat	1 cup	154.6	0.25	28	3.2	good
Oats	0.25 cup	151.7	0.24	27	3.2	good
Potatoes	1 cup	160.9	0.20	22	2.5	good
Rye	0.33 cup	188.5	0.20	22	2.1	good
Brown Rice	1 cup	216.4	0.19	21	1.8	good
Sardines	3.20 oz	188.7	0.17	19	1.8	good

Copper World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Pear	1 medium	101.5	0.15	17	3.0	good
Onions	1 cup	92.4	0.14	16	3.0	good
Wheat	1 cup	151.1	0.14	16	1.9	good
Raisins	0.25 cup	108.4	0.12	13	2.2	good
Papaya	1 medium	118.7	0.12	13	2.0	good
Collard Greens	1 cup	62.7	0.10	11	3.2	good
Banana	1 medium	105.0	0.09	10	1.7	good
Blueberries	1 cup	84.4	0.08	9	1.9	good
Cantaloupe	1 cup	54.4	0.07	8	2.6	good
Green Beans	1 cup	43.8	0.07	8	3.2	good
Strawberries	1 cup	46.1	0.07	8	3.0	good
Watermelon	1 cup	45.6	0.06	7	2.6	good
Grapefruit	0.50 medium	41.0	0.06	7	2.9	good
Cranberries	1 cup	46.0	0.06	7	2.6	good
Oranges	1 medium	61.6	0.06	7	1.9	good
Carrots	1 cup	50.0	0.05	6	2.0	good
Plum	1 2-1/8 inches	30.4	0.04	4	2.6	good
Cucumber	1 cup	15.6	0.04	4	5.1	good
Celery	1 cup	16.2	0.04	4	5.0	good
Cumin	2 tsp	15.8	0.04	4	5.1	good
Bok Choy	1 cup	20.4	0.03	3	2.9	good
Mustard Seeds	2 tsp	20.3	0.03	3	3.0	good
Apricot	1 whole	16.8	0.03	3	3.6	good
Figs	1 medium	37.0	0.03	3	1.6	good
Peppermint	2 TBS	5.3	0.03	3	11.3	good
Thyme	2 TBS	4.8	0.03	3	12.4	good
Turmeric	2 tsp	15.6	0.03	3	3.9	good
World's Healthiest Foods Rating		Rule				
excellent		DRI/DV>=75% OR Density>=7.6 AND DRI/DV>=10%				
very good		DRI/DV>=50% OR Density>=3.4 AND DRI/DV>=5%				

good	DRI/DV $\geq$ 25% OR Density $\geq$ 1.5 AND DRI/DV $\geq$ 2.5%
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Iodine						
World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Sea Vegetables	1 TBS	10.8	750.00	500	829.5	excellent
Scallops	4 oz	125.9	135.00	90	12.9	excellent
Cod	4 oz	96.4	132.00	88	16.4	excellent
Yogurt	1 cup	149.4	71.05	47	5.7	very good
Shrimp	4 oz	134.9	46.00	31	4.1	very good
Cow's milk	4 oz	74.4	28.06	19	4.5	very good
Eggs	1 each	77.5	27.00	18	4.2	very good
Strawberries	1 cup	46.1	12.96	9	3.4	very good
Sardines	3.20 oz	188.7	36.00	24	2.3	good
Salmon	4 oz	157.6	32.00	21	2.4	good
Tuna	4 oz	147.4	23.00	15	1.9	good
World's Healthiest Foods Rating		Rule				
excellent		DRI/DV $\geq$ 75% OR Density $\geq$ 7.6 AND DRI/DV $\geq$ 10%				
very good		DRI/DV $\geq$ 50% OR Density $\geq$ 3.4 AND DRI/DV $\geq$ 5%				
good		DRI/DV $\geq$ 25% OR Density $\geq$ 1.5 AND DRI/DV $\geq$ 2.5%				

Iron						
World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Spinach	1 cup	41.4	6.43	36	15.5	excellent
Swiss Chard	1 cup	35.0	3.96	22	11.3	excellent
Cumin	2 tsp	15.8	2.79	16	17.7	excellent
Parsley	0.50 cup	10.9	1.88	10	17.2	excellent
Turmeric	2 tsp	15.6	1.82	10	11.7	excellent
Beet Greens	1 cup	38.9	2.74	15	7.0	very good

Iron World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Collard Greens	1 cup	62.7	2.15	12	3.4	very good
Bok Choy	1 cup	20.4	1.77	10	8.7	very good
Asparagus	1 cup	39.6	1.64	9	4.1	very good
Mustard Greens	1 cup	36.4	1.22	7	3.4	very good
Turnip Greens	1 cup	28.8	1.15	6	4.0	very good
Leeks	1 cup	32.2	1.14	6	3.5	very good
Chili Peppers	2 tsp	15.2	0.93	5	6.1	very good
Romaine Lettuce	2 cups	16.0	0.91	5	5.7	very good
Soybeans	1 cup	297.6	8.84	49	3.0	good
Lentils	1 cup	229.7	6.59	37	2.9	good
Sesame Seeds	0.25 cup	206.3	5.24	29	2.5	good
Garbanzo Beans	1 cup	269.0	4.74	26	1.8	good
Lima Beans	1 cup	216.2	4.49	25	2.1	good
Olives	1 cup	154.6	4.44	25	2.9	good
Navy Beans	1 cup	254.8	4.30	24	1.7	good
Kidney Beans	1 cup	224.8	3.93	22	1.7	good
Black Beans	1 cup	227.0	3.61	20	1.6	good
Pinto Beans	1 cup	244.5	3.57	20	1.5	good
Tofu	4 oz	164.4	3.02	17	1.8	good
Pumpkin Seeds	0.25 cup	180.3	2.84	16	1.6	good
Green Peas	1 cup	115.7	2.12	12	1.8	good
Brussels Sprouts	1 cup	56.2	1.87	10	3.3	good
Beets	1 cup	74.8	1.34	7	1.8	good
Kale	1 cup	36.4	1.17	7	3.2	good
Broccoli	1 cup	54.6	1.05	6	1.9	good
Cabbage	1 cup	43.5	0.99	6	2.3	good
Thyme	2 TBS	4.8	0.84	5	17.3	good
Green Beans	1 cup	43.8	0.81	5	1.9	good
Oregano	2 tsp	5.3	0.74	4	14.0	good
Basil	0.50 cup	4.9	0.67	4	13.7	good
Summer Squash	1 cup	36.0	0.65	4	1.8	good
Fennel	1 cup	27.0	0.64	4	2.4	good
Black Pepper	2 tsp	14.6	0.56	3	3.8	good
Sea Vegetables	1 TBS	10.8	0.56	3	5.2	good

Iron World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Cloves	2 tsp	11.5	0.50	3	4.3	good
Tomatoes	1 cup	32.4	0.49	3	1.5	good
World's Healthiest Foods Rating		Rule				
excellent		DRI/DV ≥ 75% OR Density ≥ 7.6 AND DRI/DV ≥ 10%				
very good		DRI/DV ≥ 50% OR Density ≥ 3.4 AND DRI/DV ≥ 5%				
good		DRI/DV ≥ 25% OR Density ≥ 1.5 AND DRI/DV ≥ 2.5%				

Magnesium World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Spinach	1 cup	41.4	156.60	39	17.0	excellent
Swiss Chard	1 cup	35.0	150.50	38	19.4	excellent
Beet Greens	1 cup	38.9	97.92	24	11.3	excellent
Pumpkin Seeds	0.25 cup	180.3	190.92	48	4.8	very good
Summer Squash	1 cup	36.0	43.20	11	5.4	very good
Turnip Greens	1 cup	28.8	31.68	8	4.9	very good
Soybeans	1 cup	297.6	147.92	37	2.2	good
Sesame Seeds	0.25 cup	206.3	126.36	32	2.8	good
Black Beans	1 cup	227.0	120.40	30	2.4	good
Quinoa	0.75 cup	222.0	118.40	30	2.4	good
Cashews	0.25 cup	221.2	116.80	29	2.4	good
Sunflower Seeds	0.25 cup	204.4	113.75	28	2.5	good
Navy Beans	1 cup	254.8	96.46	24	1.7	good
Tempeh	4 oz	222.3	87.32	22	1.8	good
Buckwheat	1 cup	154.6	85.68	21	2.5	good
Pinto Beans	1 cup	244.5	85.50	21	1.6	good
Brown Rice	1 cup	216.4	83.85	21	1.7	good
Barley	0.33 cup	217.1	81.57	20	1.7	good
Lima Beans	1 cup	216.2	80.84	20	1.7	good

Magnesium World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Millet	1 cup	207.1	76.56	19	1.7	good
Kidney Beans	1 cup	224.8	74.34	19	1.5	good
Oats	0.25 cup	151.7	69.03	17	2.0	good
Tofu	4 oz	164.4	65.77	16	1.8	good
Almonds	0.25 cup	132.2	61.64	15	2.1	good
Rye	0.33 cup	188.5	61.35	15	1.5	good
Wheat	1 cup	151.1	58.24	15	1.7	good
Papaya	1 medium	118.7	57.96	14	2.2	good
Flaxseeds	2 TBS	74.8	54.88	14	3.3	good
Green Peas	1 cup	115.7	53.72	13	2.1	good
Tuna	4 oz	147.4	47.63	12	1.5	good
Scallops	4 oz	125.9	41.96	10	1.5	good
Collard Greens	1 cup	62.7	39.90	10	2.9	good
Beets	1 cup	74.8	39.10	10	2.4	good
Broccoli	1 cup	54.6	32.76	8	2.7	good
Brussels Sprouts	1 cup	56.2	31.20	8	2.5	good
Raspberries	1 cup	64.0	27.06	7	1.9	good
Winter Squash	1 cup	75.8	26.65	7	1.6	good
Cabbage	1 cup	43.5	25.50	6	2.6	good
Asparagus	1 cup	39.6	25.20	6	2.9	good
Kale	1 cup	36.4	23.40	6	2.9	good
Green Beans	1 cup	43.8	22.50	6	2.3	good
Tomatoes	1 cup	32.4	19.80	5	2.8	good
Cantaloupe	1 cup	54.4	19.20	5	1.6	good
Strawberries	1 cup	46.1	18.72	5	1.8	good
Bok Choy	1 cup	20.4	18.70	5	4.1	good
Mustard Greens	1 cup	36.4	18.20	5	2.2	good
Cumin	2 tsp	15.8	15.37	4	4.4	good
Parsley	0.50 cup	10.9	15.20	4	6.3	good
Watermelon	1 cup	45.6	15.20	4	1.5	good
Mustard Seeds	2 tsp	20.3	14.80	4	3.3	good
Fennel	1 cup	27.0	14.79	4	2.5	good
Leeks	1 cup	32.2	14.56	4	2.0	good
Basil	0.50 cup	4.9	13.57	3	12.5	good

Magnesium World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Cucumber	1 cup	15.6	13.52	3	3.9	good
Romaine Lettuce	2 cups	16.0	13.16	3	3.7	good
Cauliflower	1 cup	28.5	11.16	3	1.8	good
Celery	1 cup	16.2	11.11	3	3.1	good
Bell Peppers	1 cup	28.5	11.04	3	1.7	good
Cloves	2 tsp	11.5	10.88	3	4.3	good
World's Healthiest Foods Rating		Rule				
excellent		DRI/DV $\geq$ 75% OR Density $\geq$ 7.6 AND DRI/DV $\geq$ 10%				
very good		DRI/DV $\geq$ 50% OR Density $\geq$ 3.4 AND DRI/DV $\geq$ 5%				
good		DRI/DV $\geq$ 25% OR Density $\geq$ 1.5 AND DRI/DV $\geq$ 2.5%				

Manganese World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Cloves	2 tsp	11.5	2.53	127	197.8	excellent
Oats	0.25 cup	151.7	1.92	96	11.4	excellent
Brown Rice	1 cup	216.4	1.76	88	7.3	excellent
Garbanzo Beans	1 cup	269.0	1.69	85	5.7	excellent
Spinach	1 cup	41.4	1.68	84	36.5	excellent
Pineapple	1 cup	82.5	1.53	77	16.7	excellent
Collard Greens	1 cup	62.7	0.97	49	13.9	excellent
Cinnamon	2 tsp	12.8	0.91	46	63.8	excellent
Raspberries	1 cup	64.0	0.82	41	11.5	excellent
Black Pepper	2 tsp	14.6	0.74	37	45.7	excellent
Beet Greens	1 cup	38.9	0.74	37	17.1	excellent
Swiss Chard	1 cup	35.0	0.58	29	14.9	excellent
Strawberries	1 cup	46.1	0.56	28	10.9	excellent
Kale	1 cup	36.4	0.54	27	13.4	excellent
Turnip Greens	1 cup	28.8	0.49	25	15.3	excellent

Manganese World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Mustard Greens	1 cup	36.4	0.38	19	9.4	excellent
Summer Squash	1 cup	36.0	0.38	19	9.5	excellent
Turmeric	2 tsp	15.6	0.34	17	19.6	excellent
Sea Vegetables	1 TBS	10.8	0.31	16	25.7	excellent
Garlic	6 cloves	26.8	0.30	15	10.1	excellent
Basil	0.50 cup	4.9	0.24	12	44.3	excellent
Bok Choy	1 cup	20.4	0.24	12	10.6	excellent
Pumpkin Seeds	0.25 cup	180.3	1.47	74	7.3	very good
Tempeh	4 oz	222.3	1.46	73	5.9	very good
Rye	0.33 cup	188.5	1.44	72	6.9	very good
Soybeans	1 cup	297.6	1.42	71	4.3	very good
Tofu	4 oz	164.4	1.34	67	7.3	very good
Barley	0.33 cup	217.1	1.19	60	4.9	very good
Quinoa	0.75 cup	222.0	1.17	59	4.7	very good
Wheat	1 cup	151.1	1.11	56	6.6	very good
Walnuts	0.25 cup	196.2	1.02	51	4.7	very good
Sweet Potato	1 cup	180.0	0.99	50	5.0	very good
Lentils	1 cup	229.7	0.98	49	3.8	very good
Lima Beans	1 cup	216.2	0.97	49	4.0	very good
Navy Beans	1 cup	254.8	0.96	48	3.4	very good
Sesame Seeds	0.25 cup	206.3	0.89	45	3.9	very good
Green Peas	1 cup	115.7	0.72	36	5.6	very good
Buckwheat	1 cup	154.6	0.68	34	4.0	very good
Beets	1 cup	74.8	0.55	28	6.6	very good
Almonds	0.25 cup	132.2	0.53	27	3.6	very good
Blueberries	1 cup	84.4	0.50	25	5.3	very good
Winter Squash	1 cup	75.8	0.38	19	4.5	very good
Cranberries	1 cup	46.0	0.36	18	7.0	very good
Green Beans	1 cup	43.8	0.36	18	7.4	very good
Brussels Sprouts	1 cup	56.2	0.35	18	5.6	very good
Flaxseeds	2 TBS	74.8	0.35	18	4.2	very good
Cabbage	1 cup	43.5	0.33	17	6.8	very good
Broccoli	1 cup	54.6	0.30	15	4.9	very good
Asparagus	1 cup	39.6	0.28	14	6.4	very good

Manganese World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Leeks	1 cup	32.2	0.26	13	7.3	very good
Tomatoes	1 cup	32.4	0.21	11	5.8	very good
Fennel	1 cup	27.0	0.17	9	5.7	very good
Cauliflower	1 cup	28.5	0.16	8	5.0	very good
Romaine Lettuce	2 cups	16.0	0.15	8	8.4	very good
Miso	1 TBS	34.2	0.15	8	3.9	very good
Cumin	2 tsp	15.8	0.14	7	8.0	very good
Mushrooms, Crimini	1 cup	15.8	0.10	5	5.7	very good
Oregano	2 tsp	5.3	0.10	5	17.0	very good
Mustard Seeds	2 tsp	20.3	0.10	5	4.4	very good
Celery	1 cup	16.2	0.10	5	5.6	very good
Dried Peas	1 cup	231.3	0.78	39	3.0	good
Pinto Beans	1 cup	244.5	0.77	39	2.8	good
Black Beans	1 cup	227.0	0.76	38	3.0	good
Kidney Beans	1 cup	224.8	0.76	38	3.0	good
Peanuts	0.25 cup	206.9	0.71	36	3.1	good
Sunflower Seeds	0.25 cup	204.4	0.68	34	3.0	good
Cashews	0.25 cup	221.2	0.66	33	2.7	good
Millet	1 cup	207.1	0.47	24	2.0	good
Potatoes	1 cup	160.9	0.38	19	2.1	good
Banana	1 medium	105.0	0.32	16	2.7	good
Onions	1 cup	92.4	0.32	16	3.1	good
Carrots	1 cup	50.0	0.17	9	3.1	good
Mushrooms, Shiitake	0.50 cup	40.6	0.15	8	3.3	good
Corn	1 each	73.9	0.13	7	1.6	good
Eggplant	1 cup	34.6	0.11	6	2.9	good
Bell Peppers	1 cup	28.5	0.10	5	3.2	good
Peppermint	2 TBS	5.3	0.09	5	15.2	good
Soy Sauce	1 TBS	10.8	0.09	5	7.5	good
Chili Peppers	2 tsp	15.2	0.09	5	5.3	good
Cucumber	1 cup	15.6	0.08	4	4.6	good
Thyme	2 TBS	4.8	0.08	4	14.8	good
Kiwifruit	1 2 inches	42.1	0.07	4	1.5	good
Figs	1 medium	37.0	0.06	3	1.5	good

Manganese World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Dill	0.50 cup	1.9	0.06	3	28.3	good
Parsley	0.50 cup	10.9	0.05	3	4.1	good
World's Healthiest Foods Rating		Rule				
excellent		DRI/DV ≥ 75% OR Density ≥ 7.6 AND DRI/DV ≥ 10%				
very good		DRI/DV ≥ 50% OR Density ≥ 3.4 AND DRI/DV ≥ 5%				
good		DRI/DV ≥ 25% OR Density ≥ 1.5 AND DRI/DV ≥ 2.5%				

Phosphorus World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Scallops	4 oz	125.9	483.08	69	9.9	excellent
Cod	4 oz	96.4	391.22	56	10.4	excellent
Mushrooms, Crimini	1 cup	15.8	86.40	12	14.0	excellent
Sardines	3.20 oz	188.7	444.52	64	6.1	very good
Soybeans	1 cup	297.6	421.40	60	3.6	very good
Pumpkin Seeds	0.25 cup	180.3	397.64	57	5.7	very good
Tuna	4 oz	147.4	377.62	54	6.6	very good
Salmon	4 oz	157.6	365.14	52	6.0	very good
Lentils	1 cup	229.7	356.40	51	4.0	very good
Shrimp	4 oz	134.9	347.00	50	6.6	very good
Turkey	4 oz	166.7	260.82	37	4.0	very good
Chicken	4 oz	187.1	258.55	37	3.6	very good
Beef	4 oz	175.0	240.40	34	3.5	very good
Yogurt	1 cup	149.4	232.75	33	4.0	very good
Tofu	4 oz	164.4	215.46	31	3.4	very good
Oats	0.25 cup	151.7	203.97	29	3.5	very good
Green Peas	1 cup	115.7	161.17	23	3.6	very good
Broccoli	1 cup	54.6	104.52	15	4.9	very good
Cow's milk	4 oz	74.4	102.48	15	3.5	very good

Phosphorus World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Spinach	1 cup	41.4	100.80	14	6.3	very good
Asparagus	1 cup	39.6	97.20	14	6.3	very good
Brussels Sprouts	1 cup	56.2	87.36	12	4.0	very good
Summer Squash	1 cup	36.0	70.20	10	5.0	very good
Beet Greens	1 cup	38.9	59.04	8	3.9	very good
Mustard Greens	1 cup	36.4	58.80	8	4.2	very good
Swiss Chard	1 cup	35.0	57.75	8	4.2	very good
Bok Choy	1 cup	20.4	49.30	7	6.2	very good
Fennel	1 cup	27.0	43.50	6	4.1	very good
Tomatoes	1 cup	32.4	43.20	6	3.4	very good
Turnip Greens	1 cup	28.8	41.76	6	3.7	very good
Cauliflower	1 cup	28.5	39.68	6	3.6	very good
Tempeh	4 oz	222.3	286.90	41	3.3	good
Quinoa	0.75 cup	222.0	281.20	40	3.3	good
Garbanzo Beans	1 cup	269.0	275.52	39	2.6	good
Navy Beans	1 cup	254.8	262.08	37	2.6	good
Pinto Beans	1 cup	244.5	251.37	36	2.6	good
Kidney Beans	1 cup	224.8	244.26	35	2.8	good
Black Beans	1 cup	227.0	240.80	34	2.7	good
Cashews	0.25 cup	221.2	237.20	34	2.8	good
Sunflower Seeds	0.25 cup	204.4	231.00	33	2.9	good
Sesame Seeds	0.25 cup	206.3	226.44	32	2.8	good
Lima Beans	1 cup	216.2	208.68	30	2.5	good
Lamb	4 oz	310.4	204.12	29	1.7	good
Dried Peas	1 cup	231.3	194.04	28	2.2	good
Rye	0.33 cup	188.5	185.16	26	2.5	good
Millet	1 cup	207.1	174.00	25	2.2	good
Barley	0.33 cup	217.1	161.92	23	1.9	good
Brown Rice	1 cup	216.4	161.85	23	1.9	good
Cheese	1 oz	114.2	145.15	21	3.3	good
Peanuts	0.25 cup	206.9	137.24	20	1.7	good
Potatoes	1 cup	160.9	121.10	17	1.9	good
Buckwheat	1 cup	154.6	117.60	17	2.0	good
Almonds	0.25 cup	132.2	111.32	16	2.2	good

Phosphorus World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Sweet Potato	1 cup	180.0	108.00	15	1.5	good
Flaxseeds	2 TBS	74.8	89.88	13	3.1	good
Eggs	1 each	77.5	86.00	12	2.9	good
Onions	1 cup	92.4	73.50	11	2.0	good
Beets	1 cup	74.8	64.60	9	2.2	good
Collard Greens	1 cup	62.7	60.80	9	2.5	good
Corn	1 each	73.9	59.29	8	2.1	good
Cabbage	1 cup	43.5	49.50	7	2.9	good
Carrots	1 cup	50.0	42.70	6	2.2	good
Kale	1 cup	36.4	36.40	5	2.6	good
Green Beans	1 cup	43.8	36.25	5	2.1	good
Strawberries	1 cup	46.1	34.56	5	1.9	good
Mustard Seeds	2 tsp	20.3	33.12	5	4.2	good
Romaine Lettuce	2 cups	16.0	28.20	4	4.5	good
Garlic	6 cloves	26.8	27.54	4	2.6	good
Miso	1 TBS	34.2	27.33	4	2.1	good
Cucumber	1 cup	15.6	24.96	4	4.1	good
Celery	1 cup	16.2	24.24	3	3.9	good
Bell Peppers	1 cup	28.5	23.92	3	2.2	good
Soy Sauce	1 TBS	10.8	23.40	3	5.6	good
Cumin	2 tsp	15.8	20.96	3	3.4	good
Sea Vegetables	1 TBS	10.8	18.05	3	4.3	good
Parsley	0.50 cup	10.9	17.63	3	4.1	good
World's Healthiest Foods Rating	Rule					
excellent	DRI/DV $\geq$ 75% OR Density $\geq$ 7.6 AND DRI/DV $\geq$ 10%					
very good	DRI/DV $\geq$ 50% OR Density $\geq$ 3.4 AND DRI/DV $\geq$ 5%					
good	DRI/DV $\geq$ 25% OR Density $\geq$ 1.5 AND DRI/DV $\geq$ 2.5%					

Potassium World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Beet Greens	1 cup	38.9	1308.96	37	17.3	excellent
Swiss Chard	1 cup	35.0	960.75	27	14.1	excellent
Spinach	1 cup	41.4	838.80	24	10.4	excellent
Bok Choy	1 cup	20.4	630.70	18	15.9	excellent
Beets	1 cup	74.8	518.50	15	3.6	very good
Brussels Sprouts	1 cup	56.2	494.52	14	4.5	very good
Broccoli	1 cup	54.6	457.08	13	4.3	very good
Cantaloupe	1 cup	54.4	427.20	12	4.0	very good
Tomatoes	1 cup	32.4	426.60	12	6.8	very good
Asparagus	1 cup	39.6	403.20	12	5.2	very good
Cabbage	1 cup	43.5	393.00	11	4.6	very good
Carrots	1 cup	50.0	390.40	11	4.0	very good
Fennel	1 cup	27.0	360.18	10	6.9	very good
Summer Squash	1 cup	36.0	345.60	10	4.9	very good
Mushrooms, Crimini	1 cup	15.8	322.56	9	10.5	very good
Kale	1 cup	36.4	296.40	8	4.2	very good
Turnip Greens	1 cup	28.8	292.32	8	5.2	very good
Celery	1 cup	16.2	262.60	8	8.4	very good
Romaine Lettuce	2 cups	16.0	232.18	7	7.5	very good
Bell Peppers	1 cup	28.5	194.12	6	3.5	very good
Lima Beans	1 cup	216.2	955.04	27	2.3	good
Sweet Potato	1 cup	180.0	950.00	27	2.7	good
Potatoes	1 cup	160.9	925.55	26	3.0	good
Soybeans	1 cup	297.6	885.80	25	1.5	good
Pinto Beans	1 cup	244.5	745.56	21	1.6	good
Lentils	1 cup	229.7	730.62	21	1.6	good
Avocado	1 cup	240.0	727.50	21	1.6	good
Kidney Beans	1 cup	224.8	716.85	20	1.6	good
Dried Peas	1 cup	231.3	709.52	20	1.6	good
Tuna	4 oz	147.4	597.61	17	2.1	good
Papaya	1 medium	118.7	502.32	14	2.2	good
Winter Squash	1 cup	75.8	494.05	14	3.3	good
Salmon	4 oz	157.6	492.15	14	1.6	good

Potassium World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Banana	1 medium	105.0	422.44	12	2.1	good
Green Peas	1 cup	115.7	373.30	11	1.7	good
Scallops	4 oz	125.9	356.07	10	1.5	good
Onions	1 cup	92.4	348.60	10	1.9	good
Cod	4 oz	96.4	327.72	9	1.7	good
Oranges	1 medium	61.6	237.11	7	2.0	good
Mustard Greens	1 cup	36.4	226.80	6	3.2	good
Collard Greens	1 cup	62.7	222.30	6	1.8	good
Strawberries	1 cup	46.1	220.32	6	2.5	good
Kiwifruit	1 2 inches	42.1	215.28	6	2.6	good
Raspberries	1 cup	64.0	185.73	5	1.5	good
Green Beans	1 cup	43.8	182.50	5	2.1	good
Grapefruit	0.50 medium	41.0	177.92	5	2.2	good
Cauliflower	1 cup	28.5	176.08	5	3.2	good
Watermelon	1 cup	45.6	170.24	5	1.9	good
Parsley	0.50 cup	10.9	168.42	5	7.9	good
Cucumber	1 cup	15.6	152.88	4	5.0	good
Eggplant	1 cup	34.6	121.77	3	1.8	good
Figs	1 medium	37.0	116.00	3	1.6	good
Turmeric	2 tsp	15.6	111.10	3	3.7	good
Sea Vegetables	1 TBS	10.8	110.96	3	5.3	good
Chili Peppers	2 tsp	15.2	105.30	3	3.6	good
Plum	1 2-1/8 inches	30.4	103.62	3	1.8	good
Apricot	1 whole	16.8	90.65	3	2.8	good
World's Healthiest Foods Rating		Rule				
excellent		DRI/DV>=75% OR Density>=7.6 AND DRI/DV>=10%				
very good		DRI/DV>=50% OR Density>=3.4 AND DRI/DV>=5%				
good		DRI/DV>=25% OR Density>=1.5 AND DRI/DV>=2.5%				

Zinc World's Healthiest Foods ranked quality sources						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Beef	4 oz	175.0	4.09	37	3.8	very good
Spinach	1 cup	41.4	1.37	12	5.4	very good
Asparagus	1 cup	39.6	1.08	10	4.5	very good
Mushrooms, Shiitake	0.50 cup	40.6	0.96	9	3.9	very good
Mushrooms, Crimini	1 cup	15.8	0.79	7	8.2	very good
Lamb	4 oz	310.4	3.87	35	2.0	good
Sesame Seeds	0.25 cup	206.3	2.79	25	2.2	good
Pumpkin Seeds	0.25 cup	180.3	2.52	23	2.3	good
Garbanzo Beans	1 cup	269.0	2.51	23	1.5	good
Lentils	1 cup	229.7	2.51	23	1.8	good
Cashews	0.25 cup	221.2	2.31	21	1.7	good
Quinoa	0.75 cup	222.0	2.02	18	1.5	good
Turkey	4 oz	166.7	1.95	18	1.9	good
Shrimp	4 oz	134.9	1.85	17	2.2	good
Tofu	4 oz	164.4	1.78	16	1.8	good
Scallops	4 oz	125.9	1.76	16	2.3	good
Green Peas	1 cup	115.7	1.64	15	2.3	good
Oats	0.25 cup	151.7	1.55	14	1.7	good
Yogurt	1 cup	149.4	1.45	13	1.6	good
Beet Greens	1 cup	38.9	0.72	7	3.0	good
Summer Squash	1 cup	36.0	0.70	6	3.2	good
Broccoli	1 cup	54.6	0.70	6	2.1	good
Swiss Chard	1 cup	35.0	0.58	5	2.7	good
Brussels Sprouts	1 cup	56.2	0.51	5	1.5	good
Miso	1 TBS	34.2	0.44	4	2.1	good
Parsley	0.50 cup	10.9	0.33	3	4.9	good
Sea Vegetables	1 TBS	10.8	0.33	3	5.0	good
Tomatoes	1 cup	32.4	0.31	3	1.6	good
Bok Choy	1 cup	20.4	0.29	3	2.3	good
World's Healthiest Foods Rating		Rule				
excellent		DRI/DV $\geq$ 75% OR Density $\geq$ 7.6 AND DRI/DV $\geq$ 10%				
very good		DRI/DV $\geq$ 50% OR Density $\geq$ 3.4 AND DRI/DV $\geq$ 5%				

good	DRI/DV $\geq$ 25% OR Density $\geq$ 1.5 AND DRI/DV $\geq$ 2.5%
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