

Vitamin Density Food Charts

World's Healthiest Foods Website

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: July 9th, 2014 and collected from World's Healthiest Foods (WHF): www.whfoods.com/

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%

Vitamin A						
Food	Serving Size	Cals	Amount (mcg RAE)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Sweet Potato	1 medium	180.0	1921.80	213.53	21.4	excellent
Carrots	1 cup	50.0	1019.07	113.23	40.7	excellent
Spinach	1 cup	41.4	943.29	104.81	45.6	excellent
Kale	1 cup	36.4	885.36	98.37	48.6	excellent
Mustard Greens	1 cup	36.4	865.90	96.21	47.6	excellent
Collard Greens	1 cup	62.7	722.00	80.22	23.0	excellent
Beet Greens	1 cup	38.9	551.09	61.23	28.3	excellent
Turnip Greens	1 cup	28.8	549.00	61.00	38.1	excellent
Swiss Chard	1 cup	35.0	535.85	59.54	30.6	excellent
Winter Squash	1 cup	75.8	535.36	59.48	14.1	excellent
Romaine Lettuce	2 cups	16.0	409.37	45.49	51.2	excellent
Bok Choy	1 cup	20.4	361.16	40.13	35.4	excellent
Cantaloupe	1 cup	54.4	270.56	30.06	9.9	excellent
Bell Peppers	1 cup	28.5	144.03	16.00	10.1	excellent
Parsley	0.50 cup	10.9	128.04	14.23	23.4	excellent
Broccoli	1 cup	54.6	120.74	13.42	4.4	very good
Asparagus	1 cup	39.6	90.54	10.06	4.6	very good
Sea Vegetables	1 TBS	10.8	81.05	9.01	14.9	very good
Chili Peppers	2 tsp	15.2	80.05	8.89	10.5	very good
Tomatoes	1 cup	32.4	74.97	8.33	4.6	very good
Basil	0.50 cup	4.9	55.91	6.21	22.9	very good
Papaya	1 medium	118.7	131.10	14.57	2.2	good
Shrimp	4 oz	134.9	102.06	11.34	1.5	good

<http://www.DrRitamarie.com>

Vitamin A						
Food	Serving Size	Cals	Amount (mcg RAE)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Eggs	1 each	77.5	74.50	8.28	1.9	good
Brussels Sprouts	1 cup	56.2	60.45	6.72	2.2	good
Grapefruit	0.50 medium	41.0	59.33	6.59	2.9	good
Cow's milk	4 oz	74.4	56.12	6.24	1.5	good
Green Beans	1 cup	43.8	43.75	4.86	2.0	good
Watermelon	1 cup	45.6	43.24	4.80	1.9	good
Leeks	1 cup	32.2	42.22	4.69	2.6	good
Apricot	1 whole	16.8	33.70	3.74	4.0	good
Cilantro	0.50 cup	1.8	26.99	3.00	29.3	good
Celery	1 cup	16.2	22.67	2.52	2.8	good

Vitamin B1 – thiamin						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Asparagus	1 cup	39.6	0.29	24.17	11.0	excellent
Sunflower Seeds	0.25 cup	204.4	0.52	43.33	3.8	very good
Green Peas	1 cup	115.7	0.36	30.00	4.7	very good
Flax Seeds	2 TBS	74.8	0.23	19.17	4.6	very good
Brussels Sprouts	1 cup	56.2	0.17	14.17	4.5	very good
Beet Greens	1 cup	38.9	0.17	14.17	6.6	very good
Spinach	1 cup	41.4	0.17	14.17	6.2	very good
Cabbage	1 cup	43.5	0.11	9.17	3.8	very good
Eggplant	1 cup	34.6	0.08	6.67	3.5	very good
Romaine Lettuce	2 cups	16.0	0.07	5.83	6.6	very good
Mushrooms, Crimini	1 cup	15.8	0.07	5.83	6.6	very good
Navy Beans	1 cup	254.8	0.43	35.83	2.5	good
Black Beans	1 cup	227.0	0.42	35.00	2.8	good
Barley	0.33 cup	217.1	0.40	33.33	2.8	good
Dried Peas	1 cup	231.3	0.37	30.83	2.4	good
Lentils	1 cup	229.7	0.33	27.50	2.2	good
Pinto Beans	1 cup	244.5	0.33	27.50	2.0	good
Lima Beans	1 cup	216.2	0.30	25.00	2.1	good
Oats	0.25 cup	151.7	0.30	25.00	3.0	good
Sesame Seeds	0.25 cup	206.3	0.28	23.33	2.0	good
Kidney Beans	1 cup	224.8	0.28	23.33	1.9	good

Vitamin B1 – thiamin						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Peanuts	0.25 cup	206.9	0.23	19.17	1.7	good
Sweet Potato	1 medium	180.0	0.21	17.50	1.8	good
Tofu	4 oz	164.4	0.18	15.00	1.6	good
Tuna	4 oz	147.4	0.15	12.50	1.5	good
Pineapple	1 cup	82.5	0.13	10.83	2.4	good
Oranges	1 medium	61.6	0.11	9.17	2.7	good
Broccoli	1 cup	54.6	0.10	8.33	2.7	good
Green Beans	1 cup	43.8	0.09	7.50	3.1	good
Onions	1 cup	92.4	0.09	7.50	1.5	good
Collard Greens	1 cup	62.7	0.08	6.67	1.9	good
Summer Squash	1 cup	36.0	0.08	6.67	3.3	good
Carrots	1 cup	50.0	0.08	6.67	2.4	good
Tomatoes	1 cup	32.4	0.07	5.83	3.2	good
Cantaloupe	1 cup	54.4	0.07	5.83	1.9	good
Kale	1 cup	36.4	0.07	5.83	2.9	good
Mustard Greens	1 cup	36.4	0.06	5.00	2.5	good
Turnip Greens	1 cup	28.8	0.06	5.00	3.1	good
Swiss Chard	1 cup	35.0	0.06	5.00	2.6	good
Bok Choy	1 cup	20.4	0.05	4.17	3.7	good
Watermelon	1 cup	45.6	0.05	4.17	1.6	good
Bell Peppers	1 cup	28.5	0.05	4.17	2.6	good
Cauliflower	1 cup	28.5	0.05	4.17	2.6	good
Grapefruit	0.50 medium	41.0	0.05	4.17	1.8	good
Garlic	6 cloves	26.8	0.04	3.33	2.2	good
Parsley	0.50 cup	10.9	0.03	2.50	4.1	good
Cucumber	1 cup	15.6	0.03	2.50	2.9	good
Cumin	2 tsp	15.8	0.03	2.50	2.9	good
Mustard Seeds	2 tsp	20.3	0.03	2.50	2.2	good
Sea Vegetables	1 TBS	10.8	0.03	2.50	4.1	good

Vitamin B2 – riboflavin						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Spinach	1 cup	41.4	0.42	32.31	14.0	excellent
Beet Greens	1 cup	38.9	0.42	32.31	15.0	excellent
Mushrooms, Crimini	1 cup	15.8	0.35	26.92	30.6	excellent
Asparagus	1 cup	39.6	0.25	19.23	8.7	excellent
Sea Vegetables	1 TBS	10.8	0.14	10.77	17.9	excellent
Eggs	1 each	77.5	0.26	20.00	4.6	very good
Cow's milk	4 oz	74.4	0.21	16.15	3.9	very good
Collard Greens	1 cup	62.7	0.20	15.38	4.4	very good
Broccoli	1 cup	54.6	0.19	14.62	4.8	very good
Swiss Chard	1 cup	35.0	0.15	11.54	5.9	very good
Green Beans	1 cup	43.8	0.12	9.23	3.8	very good
Mushrooms, Shiitake	0.50 cup	40.6	0.12	9.23	4.1	very good
Bok Choy	1 cup	20.4	0.11	8.46	7.5	very good
Turnip Greens	1 cup	28.8	0.10	7.69	4.8	very good
Kale	1 cup	36.4	0.09	6.92	3.4	very good
Mustard Greens	1 cup	36.4	0.09	6.92	3.4	very good
Bell Peppers	1 cup	28.5	0.08	6.15	3.9	very good
Soybeans	1 cup	297.6	0.49	37.69	2.3	good
Tempeh	4 oz	222.3	0.40	30.77	2.5	good
Yogurt	1 cup	149.4	0.35	26.92	3.2	good
Almonds	0.25 cup	132.2	0.23	17.69	2.4	good
Turkey	4 oz	166.7	0.23	17.69	1.9	good
Sweet Potato	1 medium	180.0	0.21	16.15	1.6	good
Sardines	3.20 oz	188.7	0.21	16.15	1.5	good
Green Peas	1 cup	115.7	0.21	16.15	2.5	good
Tuna	4 oz	147.4	0.16	12.31	1.5	good
Beef	4 oz	132.7	0.14	10.77	1.5	good
Winter Squash	1 cup	75.8	0.14	10.77	2.6	good
Brussels Sprouts	1 cup	56.2	0.12	9.23	3.0	good
Grapes	1 cup	104.2	0.11	8.46	1.5	good
Cabbage	1 cup	43.5	0.09	6.92	2.9	good
Carrots	1 cup	50.0	0.07	5.38	1.9	good
Summer Squash	1 cup	36.0	0.07	5.38	2.7	good
Cauliflower	1 cup	28.5	0.06	4.62	2.9	good
Celery	1 cup	16.2	0.06	4.62	5.1	good

Vitamin B2 – riboflavin						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Romaine Lettuce	2 cups	16.0	0.06	4.62	5.2	good
Chili Peppers	2 tsp	15.2	0.05	3.85	4.5	good
Miso	1 TBS	34.2	0.04	3.08	1.6	good

Vitamin B3 – niacin						
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

Vitamin B3 – niacin						
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

Vitamin B5 - Pantothenic acid						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Mushrooms, Shiitake	0.50 cup	40.6	2.61	52.20	23.1	excellent
Mushrooms, Crimini	1 cup	15.8	1.08	21.60	24.5	excellent
Cauliflower	1 cup	28.5	0.63	12.60	8.0	excellent
Sweet Potato	1 medium	180.0	1.77	35.40	3.5	very good
Broccoli	1 cup	54.6	0.96	19.20	6.3	very good
Beet Greens	1 cup	38.9	0.47	9.40	4.4	very good
Asparagus	1 cup	39.6	0.40	8.00	3.6	very good
Turnip Greens	1 cup	28.8	0.39	7.80	4.9	very good
Bell Peppers	1 cup	28.5	0.29	5.80	3.7	very good
Cucumber	1 cup	15.6	0.27	5.40	6.2	very good
Celery	1 cup	16.2	0.25	5.00	5.6	very good
Avocado	1 cup	240.0	2.08	41.60	3.1	good
Lentils	1 cup	229.7	1.26	25.20	2.0	good
Dried Peas	1 cup	231.3	1.17	23.40	1.8	good

Vitamin B5 - Pantothenic acid						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Chicken	4 oz	187.1	1.09	21.80	2.1	good
Turkey	4 oz	166.7	1.02	20.40	2.2	good
Yogurt	1 cup	149.4	0.95	19.00	2.3	good
Salmon	4 oz	157.6	0.92	18.40	2.1	good
Rye	0.33 cup	188.5	0.81	16.20	1.5	good
Beef	4 oz	132.7	0.77	15.40	2.1	good
Eggs	1 each	77.5	0.70	14.00	3.3	good
Potatoes	1 medium	160.9	0.65	13.00	1.5	good
Wheat	1 cup	151.1	0.63	12.60	1.5	good
Corn	1 each	73.9	0.61	12.20	3.0	good
Shrimp	4 oz	134.9	0.59	11.80	1.6	good
Papaya	1 medium	118.7	0.53	10.60	1.6	good
Winter Squash	1 cup	75.8	0.48	9.60	2.3	good
Cow's milk	4 oz	74.4	0.46	9.20	2.2	good
Cod	4 oz	96.4	0.41	8.20	1.5	good
Collard Greens	1 cup	62.7	0.41	8.20	2.4	good
Raspberries	1 cup	64.0	0.40	8.00	2.3	good
Brussels Sprouts	1 cup	56.2	0.39	7.80	2.5	good
Grapefruit	0.50 medium	41.0	0.36	7.20	3.2	good
Pineapple	1 cup	82.5	0.35	7.00	1.5	good
Watermelon	1 cup	45.6	0.34	6.80	2.7	good
Carrots	1 cup	50.0	0.33	6.60	2.4	good
Oranges	1 medium	61.6	0.33	6.60	1.9	good
Cranberries	1 cup	46.0	0.29	5.80	2.3	good
Swiss Chard	1 cup	35.0	0.29	5.80	3.0	good
Spinach	1 cup	41.4	0.26	5.20	2.3	good
Summer Squash	1 cup	36.0	0.25	5.00	2.5	good
Cabbage	1 cup	43.5	0.23	4.60	1.9	good
Fennel	1 cup	27.0	0.20	4.00	2.7	good
Mustard Greens	1 cup	36.4	0.17	3.40	1.7	good
Tomatoes	1 cup	32.4	0.16	3.20	1.8	good
Sea Vegetables	1 TBS	10.8	0.16	3.20	5.3	good
Figs	1 medium	37.0	0.15	3.00	1.5	good
Romaine Lettuce	2 cups	16.0	0.13	2.60	2.9	good
Bok Choy	1 cup	20.4	0.13	2.60	2.3	good

Vitamin B6 – pyridoxine						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Tuna	4 oz	147.4	1.18	69.41	8.5	excellent
Spinach	1 cup	41.4	0.44	25.88	11.3	excellent
Cabbage	1 cup	43.5	0.34	20.00	8.3	excellent
Bok Choy	1 cup	20.4	0.28	16.47	14.5	excellent
Bell Peppers	1 cup	28.5	0.27	15.88	10.0	excellent
Turnip Greens	1 cup	28.8	0.26	15.29	9.6	excellent
Garlic	6 cloves	26.8	0.22	12.94	8.7	excellent
Cauliflower	1 cup	28.5	0.21	12.35	7.8	excellent
Turkey	4 oz	166.7	0.92	54.12	5.8	very good
Beef	4 oz	132.7	0.74	43.53	5.9	very good
Chicken	4 oz	187.1	0.68	40.00	3.8	very good
Salmon	4 oz	157.6	0.64	37.65	4.3	very good
Sweet Potato	1 medium	180.0	0.57	33.53	3.4	very good
Potatoes	1 medium	160.9	0.54	31.76	3.6	very good
Banana	1 medium	105.0	0.43	25.29	4.3	very good
Winter Squash	1 cup	75.8	0.33	19.41	4.6	very good
Broccoli	1 cup	54.6	0.31	18.24	6.0	very good
Brussels Sprouts	1 cup	56.2	0.28	16.47	5.3	very good
Collard Greens	1 cup	62.7	0.24	14.12	4.1	very good
Beet Greens	1 cup	38.9	0.19	11.18	5.2	very good
Kale	1 cup	36.4	0.18	10.59	5.2	very good
Carrots	1 cup	50.0	0.17	10.00	3.6	very good
Swiss Chard	1 cup	35.0	0.15	8.82	4.5	very good
Asparagus	1 cup	39.6	0.14	8.24	3.7	very good
Mustard Greens	1 cup	36.4	0.14	8.24	4.1	very good
Tomatoes	1 cup	32.4	0.14	8.24	4.6	very good
Leeks	1 cup	32.2	0.12	7.06	3.9	very good
Summer Squash	1 cup	36.0	0.12	7.06	3.5	very good
Chili Peppers	2 tsp	15.2	0.11	6.47	7.6	very good
Sunflower Seeds	0.25 cup	204.4	0.47	27.65	2.4	good
Pinto Beans	1 cup	244.5	0.39	22.94	1.7	good
Avocado	1 cup	240.0	0.39	22.94	1.7	good
Lentils	1 cup	229.7	0.35	20.59	1.6	good
Green Peas	1 cup	115.7	0.30	17.65	2.7	good
Lima Beans	1 cup	216.2	0.30	17.65	1.5	good
Onions	1 cup	92.4	0.27	15.88	3.1	good

Vitamin B6 – pyridoxine						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Shrimp	4 oz	134.9	0.27	15.88	2.1	good
Pineapple	1 cup	82.5	0.18	10.59	2.3	good
Cod	4 oz	96.4	0.15	8.82	1.6	good
Mushrooms, Shiitake	0.50 cup	40.6	0.12	7.06	3.1	good
Cantaloupe	1 cup	54.4	0.12	7.06	2.3	good
Corn	1 each	73.9	0.11	6.47	1.6	good
Beets	1 cup	74.8	0.11	6.47	1.6	good
Eggplant	1 cup	34.6	0.09	5.29	2.8	good
Turmeric	2 tsp	15.6	0.08	4.71	5.4	good
Mushrooms, Crimini	1 cup	15.8	0.08	4.71	5.3	good
Green Beans	1 cup	43.8	0.07	4.12	1.7	good
Celery	1 cup	16.2	0.07	4.12	4.6	good
Strawberries	1 cup	46.1	0.07	4.12	1.6	good
Watermelon	1 cup	45.6	0.07	4.12	1.6	good
Romaine Lettuce	2 cups	16.0	0.07	4.12	4.6	good
Figs	1 medium	37.0	0.06	3.53	1.7	good
Sea Vegetables	1 TBS	10.8	0.05	2.94	4.9	good

Vitamin B7 - Biotin						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Peanuts	0.25 cup	206.9	26.28	87.60	7.6	excellent
Tomatoes	1 cup	32.4	7.20	24.00	13.3	excellent
Almonds	0.25 cup	132.2	14.72	49.07	6.7	very good
Eggs	1 each	77.5	8.00	26.67	6.2	very good
Onions	1 cup	92.4	7.98	26.60	5.2	very good
Carrots	1 cup	50.0	6.10	20.33	7.3	very good
Romaine Lettuce	2 cups	16.0	1.79	5.97	6.7	very good
Cauliflower	1 cup	28.5	1.61	5.37	3.4	very good
Sweet Potato	1 medium	180.0	8.60	28.67	2.9	good
Oats	0.25 cup	151.7	7.80	26.00	3.1	good
Walnuts	0.25 cup	196.2	5.70	19.00	1.7	good
Salmon	4 oz	157.6	4.54	15.13	1.7	good
Yogurt	1 cup	149.4	3.92	13.07	1.6	good
Banana	1 medium	105.0	3.07	10.23	1.8	good

Vitamin B7 - Biotin						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Raspberries	1 cup	64.0	2.34	7.80	2.2	good
Cow's milk	4 oz	74.4	2.32	7.73	1.9	good
Strawberries	1 cup	46.1	1.58	5.27	2.1	good
Watermelon	1 cup	45.6	1.52	5.07	2.0	good
Grapefruit	0.50 medium	41.0	1.28	4.27	1.9	good
Cucumber	1 cup	15.6	0.94	3.13	3.6	good

Vitamin B9 - Folate						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Lentils	1 cup	229.7	358.38	89.59	7.0	excellent
Asparagus	1 cup	39.6	268.20	67.05	30.5	excellent
Spinach	1 cup	41.4	262.80	65.70	28.6	excellent
Turnip Greens	1 cup	28.8	169.92	42.48	26.5	excellent
Broccoli	1 cup	54.6	168.48	42.12	13.9	excellent
Beets	1 cup	74.8	136.00	34.00	8.2	excellent
Romaine Lettuce	2 cups	16.0	127.84	31.96	36.0	excellent
Bok Choy	1 cup	20.4	69.70	17.43	15.4	excellent
Cauliflower	1 cup	28.5	54.56	13.64	8.6	excellent
Parsley	0.50 cup	10.9	46.21	11.55	19.0	excellent
Pinto Beans	1 cup	244.5	294.12	73.53	5.4	very good
Garbanzo Beans	1 cup	269.0	282.08	70.52	4.7	very good
Black Beans	1 cup	227.0	256.28	64.07	5.1	very good
Navy Beans	1 cup	254.8	254.80	63.70	4.5	very good
Kidney Beans	1 cup	224.8	230.10	57.52	4.6	very good
Papaya	1 medium	118.7	102.12	25.53	3.9	very good
Brussels Sprouts	1 cup	56.2	93.60	23.40	7.5	very good
Green Peas	1 cup	115.7	86.78	21.70	3.4	very good
Bell Peppers	1 cup	28.5	42.32	10.58	6.7	very good
Green Beans	1 cup	43.8	41.25	10.31	4.2	very good
Celery	1 cup	16.2	36.36	9.09	10.1	very good
Cabbage	1 cup	43.5	36.00	9.00	3.7	very good
Summer Squash	1 cup	36.0	36.00	9.00	4.5	very good
Strawberries	1 cup	46.1	34.56	8.64	3.4	very good
Tomatoes	1 cup	32.4	27.00	6.75	3.8	very good

Vitamin B9 - Folate						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Leeks	1 cup	32.2	24.96	6.24	3.5	very good
Fennel	1 cup	27.0	23.49	5.87	3.9	very good
Lima Beans	1 cup	216.2	156.04	39.01	3.2	good
Dried Peas	1 cup	231.3	127.40	31.85	2.5	good
Avocado	1 cup	240.0	121.50	30.38	2.3	good
Peanuts	0.25 cup	206.9	87.60	21.90	1.9	good
Sunflower Seeds	0.25 cup	204.4	79.45	19.86	1.7	good
Quinoa	0.75 cup	222.0	77.70	19.43	1.6	good
Winter Squash	1 cup	75.8	41.00	10.25	2.4	good
Oranges	1 medium	61.6	39.30	9.82	2.9	good
Cantaloupe	1 cup	54.4	33.60	8.40	2.8	good
Onions	1 cup	92.4	31.50	7.88	1.5	good
Collard Greens	1 cup	62.7	30.40	7.60	2.2	good
Pineapple	1 cup	82.5	29.70	7.42	1.6	good
Raspberries	1 cup	64.0	25.83	6.46	1.8	good
Carrots	1 cup	50.0	23.18	5.79	2.1	good
Beet Greens	1 cup	38.9	20.16	5.04	2.3	good
Mushrooms, Crimini	1 cup	15.8	18.00	4.50	5.1	good
Kiwifruit	1 2 inches	42.1	17.25	4.31	1.8	good
Kale	1 cup	36.4	16.90	4.22	2.1	good
Swiss Chard	1 cup	35.0	15.75	3.94	2.0	good
Mushrooms, Shiitake	0.50 cup	40.6	15.22	3.81	1.7	good
Basil	0.50 cup	4.9	14.42	3.60	13.3	good
Eggplant	1 cup	34.6	13.86	3.46	1.8	good
Mustard Greens	1 cup	36.4	12.60	3.15	1.6	good
Lemons and Limes	0.25 cup	13.4	12.20	3.05	4.1	good

Vitamin B12 – Cobalamin						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Sardines	3.20 oz	188.7	8.11	337.92	32.2	excellent
Salmon	4 oz	157.6	5.67	236.25	27.0	excellent
Tuna	4 oz	147.4	2.66	110.83	13.5	excellent
Cod	4 oz	96.4	2.62	109.17	20.4	excellent
Lamb	4 oz	350.4	2.51	104.58	5.4	excellent
Scallops	4 oz	125.9	2.44	101.67	14.5	excellent
Shrimp	4 oz	134.9	1.88	78.33	10.4	excellent
Beef	4 oz	132.7	1.44	60.00	8.1	excellent
Yogurt	1 cup	149.4	0.91	37.92	4.6	very good
Cow's milk	4 oz	74.4	0.55	22.92	5.5	very good
Eggs	1 each	77.5	0.55	22.92	5.3	very good
Turkey	4 oz	166.7	0.42	17.50	1.9	good
Chicken	4 oz	187.1	0.39	16.25	1.6	good
Cheese	1 oz	114.2	0.24	10.00	1.6	good
Mushrooms, Crimini	1 cup	15.8	0.07	2.92	3.3	good

Vitamin C						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Papaya	1 medium	118.7	168.08	224.11	34.0	excellent
Bell Peppers	1 cup	28.5	117.48	156.64	98.9	excellent
Broccoli	1 cup	54.6	101.24	134.99	44.5	excellent
Brussels Sprouts	1 cup	56.2	96.72	128.96	41.3	excellent
Strawberries	1 cup	46.1	84.67	112.89	44.1	excellent
Pineapple	1 cup	82.5	78.87	105.16	22.9	excellent
Oranges	1 medium	61.6	69.69	92.92	27.2	excellent
Kiwifruit	1 2 inches	42.1	63.96	85.28	36.5	excellent
Cantaloupe	1 cup	54.4	58.72	78.29	25.9	excellent
Cauliflower	1 cup	28.5	54.93	73.24	46.2	excellent
Kale	1 cup	36.4	53.30	71.07	35.1	excellent
Cabbage	1 cup	43.5	51.60	68.80	28.5	excellent
Bok Choy	1 cup	20.4	44.20	58.93	52.0	excellent
Grapefruit	0.50 medium	41.0	44.03	58.71	25.8	excellent
Parsley	0.50 cup	10.9	40.43	53.91	88.7	excellent
Turnip Greens	1 cup	28.8	39.46	52.61	32.9	excellent
Beet Greens	1 cup	38.9	35.86	47.81	22.1	excellent
Mustard Greens	1 cup	36.4	35.42	47.23	23.4	excellent
Collard Greens	1 cup	62.7	34.58	46.11	13.2	excellent
Raspberries	1 cup	64.0	32.23	42.97	12.1	excellent
Swiss Chard	1 cup	35.0	31.50	42.00	21.6	excellent
Tomatoes	1 cup	32.4	24.66	32.88	18.3	excellent
Lemons and Limes	0.25 cup	13.4	23.61	31.48	42.2	excellent
Spinach	1 cup	41.4	17.64	23.52	10.2	excellent
Asparagus	1 cup	39.6	13.86	18.48	8.4	excellent
Sea Vegetables	1 TBS	10.8	12.16	16.21	26.9	excellent
Fennel	1 cup	27.0	10.44	13.92	9.3	excellent
Thyme	2 TBS	4.8	7.68	10.24	38.0	excellent
Sweet Potato	1 medium	180.0	39.20	52.27	5.2	very good
Winter Squash	1 cup	75.8	19.68	26.24	6.2	very good
Green Peas	1 cup	115.7	19.56	26.08	4.1	very good
Blueberries	1 cup	84.4	14.36	19.15	4.1	very good
Cranberries	1 cup	46.0	13.30	17.73	6.9	very good
Watermelon	1 cup	45.6	12.31	16.41	6.5	very good

Vitamin C						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Green Beans	1 cup	43.8	12.13	16.17	6.7	very good
Summer Squash	1 cup	36.0	9.90	13.20	6.6	very good
Carrots	1 cup	50.0	7.20	9.60	3.5	very good
Plum	1 2-1/8 inches	30.4	6.27	8.36	5.0	very good
Garlic	6 cloves	26.8	5.62	7.49	5.0	very good
Basil	0.50 cup	4.9	3.82	5.09	18.8	very good
Dill	0.50 cup	1.9	3.78	5.04	47.5	very good
Romaine Lettuce	2 cups	16.0	3.76	5.01	5.6	very good
Potatoes	1 medium	160.9	16.61	22.15	2.5	good
Avocado	1 cup	240.0	15.00	20.00	1.5	good
Onions	1 cup	92.4	10.92	14.56	2.8	good
Banana	1 medium	105.0	10.27	13.69	2.3	good
Apple	1 medium	94.6	8.37	11.16	2.1	good
Pear	1 medium	101.5	7.65	10.20	1.8	good
Beets	1 cup	74.8	6.12	8.16	2.0	good
Leeks	1 cup	32.2	4.37	5.83	3.3	good
Apricot	1 whole	16.8	3.50	4.67	5.0	good
Celery	1 cup	16.2	3.13	4.17	4.6	good
Cucumber	1 cup	15.6	2.91	3.88	4.5	good
Peppermint	2 TBS	5.3	2.42	3.23	10.9	good
Cilantro	0.50 cup	1.8	2.16	2.88	28.2	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%				