ANDI GUIDE

ANDI Guide
(Aggregate Nutrient Density Index)

Wondering how to choose the healthiest foods? We can help. Simply look for the foods that have high ANDI scores, and you're set!

ANDI is a scoring system that rates foods on a scale from 1 to 1000 based on nutrient content. ANDI scores are calculated by evaluating an extensive range of micronutrients, including vitamins, minerals, phytochemicals and antioxidant capacities.

Green Vegetables

Veg	ANDI
1. Collard Greens	1000
2. Kale	1000
3. Swiss Chard	1000
4. Upland	1000
5. Bok Choy	865
6. Napa Cabbage	714
7. Spinach	707
8. Arugula	604
9. Green Leaf	585
10. Chicory	515

Non-Green Vegetables

Veg	ANDI
1. Radish	502
2. Turnip	473
3. Carrots	458
4. Acorn Squash	444
5. Broccoflower	444
6. Cabbage	434
7. Bell Pepper	371
8. Klohrabi	352
9. Cauliflower	315
10. Rutabaga	292

Beans

Bean	ANDI
1. Edamame	98
2. Pinto Beans	86
3. Tofu	82
4. Northern Beans	77
5. Adzuki Beans	74
6. Lentils	72
7. Lima Beans	69
8. Kidney Beans	64
9. Black Beans	61
10. Chickpeas	55

Herbs

Herb	ANDI
1. Basil	518
2. Cilantro	481
3. Spearmint	457
5. Tarragon	426
6. Thyme	422
7. Parsley	381
8. Dill	326
9. Chives	319
10. Peppermint	293

Set yourself up for success by making it easier and faster to make delicious, healthy meals at home than to eat out.

Nuts & Seeds

Nuts & Seeds	ANDI
1. Flax Seeds	103
2. Sesame Seeds	74
3. Sunflower	64
4. Peanuts	59
5. Chia Seeds	47
6. Pumpkin Seeds	39
7. Pistachios	37
8. Chestnuts	34
9. Hazelnuts	34
10. Pecans	33

Fruits

Fruit	ANDI
1. Cranberries	207
2. Strawberries	182
3. Blackberries	171
4. Raspberries	133
5. Blueberries	132
6. Guava	125
7. Grapefruit	125
8. Grapes	119
9. Pomegranate	119
10. Cantaloupe	118

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Glycemic Index

The glycemic index, or GI, measures how a carbohydrate-containing food raises blood glucose. Foods are ranked based on how they compare to a reference food — either glucose or white bread.

A food with a high GI raises blood glucose more than a food with a medium or low GI.

Meal planning with the GI involves choosing foods that have a low or medium GI. If eating a food with a high GI, you can combine it with low GI foods to help balance the meal.

Examples of carbohydrate-containing foods with a low GI include dried beans and legumes, all non-starchy vegetables, some starchy vegetables like sweet potatoes, most fruit, and many whole grain breads and cereals (like barley, whole wheat bread, rye bread, and all-bran cereal).

Meats and fats don't have a GI because they do not contain carbohydrate.

Glycemic Index

Below are examples of foods based on their GI.

Low GI Foods
(55 or less)
- 100% stone-ground whole wheat or pumpernickel bread
- Oatmeal
- Oat bran
- Muesli Pasta
- Converted rice
- Barley
- Sweet potato
- Corn
- Yam
- Lima/butter beans
- Peas
- Legumes and lentils
- Most fruits, non-starchy vegetables and carrots.

Medium GI
(56–69)
- Whole wheat
- Rye and pita bread
- Quick oats Brown
- Wild or basmati rice

High GI
(70 or more)
- White bread or bagel
- Corn flakes
- Puffed rice
- Bran flakes
- Instant oatmeal
- Short grain white rice
- Rice pasta
- Macaroni and cheese
- Russet potato
- Pumpkin
- Pretzels
- Rice cakes,
- Popcorn