

Powerhouse Fruits and Vegetables

Where can you find an adequate, even a rich supply, of the nutrients described above?

Better still, what foods are now recognized as "nutrient dense"?

A recent study (2014) by researchers promoted by the Centers for Disease Control and Prevention (CDC) developed a nomenclature (catalog) of foods, scored according to their availability for digestion and their content of vitamins and minerals per weight. They called it a *density score*. Those foods were named "**Powerhouse Foods**." This is the first of more studies as more foods are considered. Phytochemicals have not been figured in the classification formula.

When you are considering optimizing your diet to enjoy quality of life and less risk of incurring chronic disease and cancer, refer to this list:

Item	Nutrient Density Score	Item	Nutrient Density Score
Watercress	100	Turnip greens	62.12
Chinese cabbage	91.99	Mustard greens	61.39
Chard	89.27	Endive	60.44
Beet greens	87.08	Chive	54.80
Spinach	86.43	Kale	49.07
Chicory	73.36	Dandelion greens	46.34
Leaf Lettuce	70.73	Red pepper	41.26
Parsley	65.59	Arugula	37.65
Romaine lettuce	63.48	Broccoli	34.89
Collard greens	62.49	Pumpkin	33.82
Median			
Brussels sprout	32.23	Radish	16.91
Scallion	27.35	Winter squash (all varieties)	13.89
Kohlrabi	25.92	Orange	12.91
Cauliflower	25.13	Lime	12.23
Cabbage	24.51	Grapefruit (pink and red)	11.64
Carrot	22.60	Rutabaga	11.58
Tomato	20.37	Turnip	11.43
Lemon	18.72	Blackberry	11.39
Iceberg lettuce	18.28	Leek	10.69
Strawberry	17.59	Sweet potato	10.51
		Grapefruit (white)	10.47

Source: Di Noia J. (2014). Defining Powerhouse Fruits and Vegetables: A nutrient density