



ANDI:

[WF: ANDI Guide](#)
[Dr. Fuhrman: Nutrient Density](#)

★ [What is Nutrient Density?](#)



Nutrient Charts and Links:

[Vitamins and Minerals](#)
[15 Nutrient dense foods](#)
[World's Healthiest Foods](#)
[Nutrient Dense Food List](#)
★ [Choose nutrient dense foods](#)



HEALING FOODS

Aloe vera
Bee pollen
Green juices
Coconut oil
Flax seeds
Ginger
Bieler broth
Raw honey

HIGH IN B-VITAMINS

Fresh wheat germ
Rice bran syrup
Brewers yeast
Blackstrap molasses
Beans
Grains



QUALITY FATS

Flax seeds
Walnuts
Pumpkin seeds
Sunflower seeds

ALMOST COMPLETE FOOD

Sprouted grains
Bee pollen
Raw milk
Chia seeds
Fresh coconut
Potatoes

HIGH ANTI-OXIDANT FOODS

Bee pollen
Berries
Some beans
Prunes
Apples
Pecans
Potatoes
Grass juices

COMPLETE PROTEIN

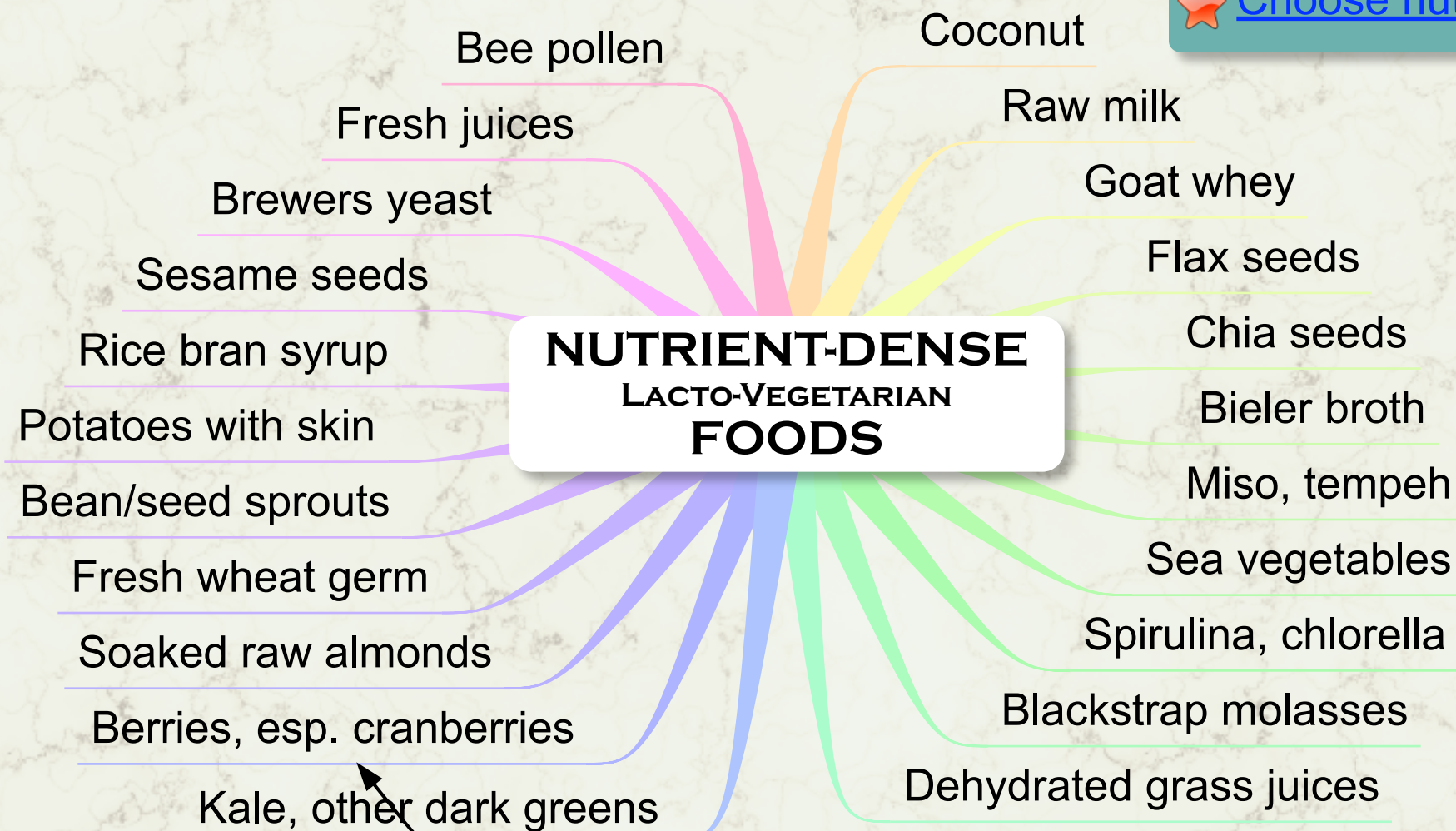
Raw bee pollen
Raw milk
Beans with grains
Beans with seeds
Beans with nuts
Amaranth, quinoa, buckwheat
Spirulina, chlorella
Tempeh

LOADED WITH MINERALS

Sea vegetables
Blueberries
Bee pollen
Raw milk
Root vegetables
Goat mineral whey

★ [15 Foods to Eat Often](#)

Home: [Oscillatorium.com](#)
Newest version [this map](#)
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★ [Eat organic](#)