

Point levels (if not listed, it may be worth 0 points)
 If you want it listed, comment to nwafitnessandhealth@gmail.com

Point values are based upon nutrition density (vitamins and minerals), 10 being the highest value. Rated by John Robertson, www.simplerealfood.org

Carbohydrates	value	Fruits	value	Proteins/Fats	value	Vegetables	value
Amaranth	4	Apple	4	Almonds	6	Artichoke	6
Bagel	0	Apricots	4	Beans	6	Amaranth Greens	10
Bread	0	Banana	1	Cheese	2	arugula and butterhead	10
Brown Rice	0	Blackberries	8	Chicken	2	Asparagus	10
Buckwheat	4	Blueberries	8	Cottage Cheese	2	Avacado	5
Bulgur Wheat	0	Cantaloupe	4	Eggs	3	Basil	10
Cassava	2	Cherries	4	Fat-Free Milk	2	Beet Greens	10
Cereal (non whole grain)	0	Coconut	4	Fat-Free Plain Yogurt	2	Beets	6
Cereal (whole grain)	1	Cranberries	8	Ham	2	Black eyed Peas	6
Corn	0	Currants	8	Lean Ground Beef/Turkey	3	Bok Choy	10
Corn (Purple)	5	Grapefruit	4	Milk	2	Broccoli	10
Corn (Red or Blue)	3	Grapes	4	Natural Peanut Butter	4	Brussel Sprouts	10
Couscous	5	Guava	4	Nuts	4	Cabbage	10
Granola	2	Honeydew	4	Peanut Butter	2	Carrots	6
Millet	3	Kiwi	8	Salmon	5	Cauliflower	10
Muesli	4	Lemon	8	Seafood	3	Celery	6
Oatmeal (Old Fashioned)	3	Lime	4	Steak	1	Chard	10
Oatmeal (quick oats)	1	Mango	4	Tuna (in Oil)	2	Chia Seeds (1 tbs - max 3 servings per day)	10
Pancakes	0	Melons	4	Tuna (in Water)	4	Cilantro	10
Pasta	1	Nectarine	4	Turkey	3	Collard Greens	10
Pita	1	Orange	4	Walnuts (1/4 cup)	8	Cucumber	6
Plantain	2	Papaya	4	Wild Fish (4 oz max per day)	10	Eggplant	6
Potato (New or Fingerling)	2	Peach	4	Yogurt	2	Fennel	10
Potato (Purple)	5	Pear	4			Field Peas	6
Quinoa	4	Pineapple (in a can)	4			Flax Seeds (1 tbs - max 3 servings per day)	10
Rice	0	pineapple (Raw)	8			Garlic Clove	10
Rice (Brown or Black)	3	Plum	4			Green Beans	6
Steel Cut Oats	5	Pomegranate	8			Green Herbs	10
Sweet Potato	5	Raisins	4			Green Leaf	10
Tortilla	0	Raspberries	8			Kale	10
Waffle	0	Strawberries	8			Kohlrabi	10
Wheat Germ	4	Tangerine	4			Leek	6
Whole Grain Bread	2	Watermelon	4			Lentils	6
Whole Grain Pasta	2					Lettuce (Iceberg)	2
Whole Oats	3					Lettuce (Romain)	10
Wild Rice	4					Mint	10
Yam	5					Miso	6
						Mushrooms	10
						Mustard Greens	10
						Okra	6
						Onions	6
						Parsley	10
						Peas	6
						Peppers	6
						Pumpkin	6
						Purple Hulled Peas	6
						Radish	6
						Sea Weed	10
						Shallots	6
						Snap Peas	6
						Snow Peas	6
						Spinach	10
						Sprouts	10
						Squash (Acorn)	6
						Squash (Butternut)	6
						Squash (Spaghetti)	6
						Squash (Yellow)	6
						String Beans	6
						Tomato	6
						Turnip Greens	10
						Turnips	6
						Watercress	10
						Zucchini	6

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10	8	6	5	4	3	2	1
Amaranth Greens	Blackberries	Almonds	Avacado	Amaranth	Corn (Red or Blue)	Cassava	Banana
arugula and butterhead	Blueberries	Artichoke	Corn (Purple)	Apple	Eggs	Cheese	Cereal (whole grain)
Asparagus	Cranberries	Beans	Couscous	Apricots	Lean Ground Beef/Turkey	Chicken	Oatmeal (quick oats)
Basil	Currants	Beets	Potato (Purple)	Buckwheat	Millet	Cottage Cheese	Pasta
Beet Greens	Kiwi	Black eyed Peas	Salmon	Cantaloupe	Oatmeal (Old Fashioned)	Fat-Free Milk	Pita
Bok Choy	Lemon	Carrots	Steel Cut Oats	Cherries	Rice (Brown or Black)	Fat-Free Plain Yogurt	Steak
Broccoli	pineapple (Raw)	Celery	Sweet Potato	Coconut	Seafood	Granola	
Brussel Sprouts	Pomegranate	Cucumber	Yam	Grapefruit	Turkey	Ham	
Cabbage	Raspberries	Eggplant		Grapes	Whole Oats	Lettuce (Iceberg)	
Cauliflower	Strawberries	Field Peas		Guava		Milk	
Chard	Walnuts (1/4 cup)	Green Beans		Honeydew		Peanut Butter	
Chia Seeds (1 tbs - max 3 servings per day)		Leek		Lime		Plantain	
Cilantro		Lentils		Mango		Potato (New or Fingerling)	
Collard Greens		Miso		Melons		Tuna (in Oil)	
Fennel		Okra		Muesli		Whole Grain Bread	
Flax Seeds (1 tbs - max 3 servings per day)		Onions		Natural Peanut Butter		Whole Grain Pasta	
Garlic Clove		Peas		Nectarine		Yogurt	
Green Herbs		Peppers		Nuts			
Green Leaf		Pumpkin		Orange			
Kale		Purple Hulled Peas		Papaya			
Kohlrabi		Radish		Peach			
Lettuce (Romain)		Shallots		Pear			
Mint		Snap Peas		Pineapple (in a can)			
Mushrooms		Snow Peas		Plum			
Mustard Greens		Squash (Acorn)		Quinoa			
Parsley		Squash (Butternut)		Raisins			
Sea Weed		Squash (Spaghetti)		Tangerine			
Spinach		Squash (Yellow)		Tuna (in Water)			
Sprouts		String Beans		Watermelon			
Turnip Greens		Tomato		Wheat Germ			
Watercress		Turnips		Wild Rice			
Wild Fish (4 oz max per day)		Zucchini					

0
Bagel
Bread
Brown Rice
Bulgur Wheat
Cereal (non whole grain)
Corn
Pancakes
Rice
Tortilla
Waffle