

Nutrient Density (Per Serving)

Satiety Index Score



Nutrient Density (Per Calorie)

80%
70%
60%
50%
40%
30%
20%
10%
0%

0%

20%

40%

60%

80%



Dark Chocolate (90%)
Cream
Raisins



Prunes

Walnuts

Avocado

Mandarin

Tahini

Cocoa Powder

Radish

Scallions

Celery

Spirulina

Parsley

Watercress

Kimchi

Asparagus

Broccoli

Kale



Ground Beef (80% Lean)

Chicken Wing

Chicken Breast (Skin Eaten)

Tuna (Canned)

Mussels

Shrimp

Brussels Sprouts

Milk (Skim)

Greek Yogurt (Non Fat)

Egg (Fried)

Egg (raw)



Pork Chops (Loin)

Beef Steak (Fat Eaten)

Beef Steak (Sirloin)

Salmon (Atlantic)

Chicken Liver

Lamb Liver

Salmon (Pink, Canned)

Mussels

Shrimp

Brussels Sprouts

Milk (Skim)

Greek Yogurt (Non Fat)

Egg (Fried)

Egg (raw)



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