

Kale	1000	Tofu	86	Bananas	30
Collards	1000	Sweet Potatoes	83	Chicken Breast	27
Bok Choy	824	Apples	76	Eggs	27
Spinach	739	Peaches	73	Low Fat Yogurt, plain	26
Cabbage	481	Kidney Beans	71	Corn	25
Red Pepper	420	Green Peas	70	Almonds	25
Romaine Lettuce	389	Lentils	68	Whole Wheat Bread	25
Broccoli	342	Pineapple	64	Feta Cheese	21
Cauliflower	295	Avocado	64	Whole Milk	20
Green Peppers	258	Oatmeal	53	Ground Beef	20
Artichoke	244	Mangoes	51	White Pasta	18
Carrots	240	Cucumbers	50	White Bread	18
Asparagus	234	Soybeans	48	Peanut Butter	18
Strawberries	212	Sunflower Seeds	45	Apple Juice	16
Tomatoes	164	Brown Rice	41	Swiss Cheese	15
Plums	157	Salmon	39	Potato Chips	11
Blueberries	130	Shrimp	38	American Cheese	10
Iceberg Lettuce	110	Skim Milk	36	Vanilla Ice Cream	9
Orange	109	White Potatoes	31	French Fries	7
Cantaloupe	100	Grapes	31	Olive Oil	2
Flax Seeds	44	Walnuts	29	Cola	1