

## Top Ten ANDI Scores

ANDI stands for "Aggregate Nutrient Density Index." An ANDI score shows the nutrient density of a food on a scale from 1 to 100 based on nutrient content. ANDI scores are calculated by evaluating an extensive range of micronutrients, including vitamins, minerals, phytochemicals and antioxidant capacities. The Aggregate Nutrient Density Index was developed and patented by our Health Starts Here affiliate, [Eat Right America](http://EatRightAmerica.com).

Nuts & Seeds	ANDI Score
1. Sunflower Seeds	78
2. Sesame Seeds	65
3. Flax Seeds	65
4. Pumpkin Seeds	52
5. Pistachios	48
6. Pecans	41
7. Almonds	38
8. Walnuts	34
9. Hazelnuts	32
10. Cashews	27

**WHY**  
**Nut-Tritious**  
 Foods makes  
 their Nut Butter  
 with  
**Sunflower**  
**Seeds**  
 &  
**Organic**  
**Flax Seed** Meal

