

# The good, the bad and the really unhealthy

Yale University's Overall Nutritional Quality Index (scores out of 100)

Broccoli	100
Blueberries	100
Okra	100
Orange	100
Green Beans	100
Pineapple	99
Radish	99
Summer squash	98
Apple	96
Green cabbage	96
Tomato	96
Clementine	94
Watermelon	94
Mango	93
Red onions	93
Non-fat milk	91
Fresh figs	91
Grapes	91
Banana	91
Avocado	89
Oatmeal	88
Atlantic salmon fillet	87
Blackberries	83
Cod fillet	82
Raw almonds	82
Iceberg lettuce	82
Raw pecans	82
Rocket	82
Brown rice	82
Snapper	82
Milk (1% fat)	81
Oysters	81
Prawn	75
Couscous	72
Clams	71
Raw pistachios	70
Unbuttered, unsalted popcorn	69
Canned tuna in oil, drained	67
Monkfish fillet	64
Vegetarian split-pea soup mix	63
Instant oatmeal	61
Canned pineapple in juice	60
White rice	57
Sodium-free sparkling water	56
Milk (2% fat)	55
Canned kidney beans	53
Milk (whole)	52
Scallops	51



Pasta	50
Canned peas	49
Prunes	45
Vanilla yoghurt	43
Orange juice	39
Skinless chicken breasts	39
Canned peaches in light Syrup	37
Lobster	36
Flank steak (beef)	34
Dried apples	34
Tomato juice	32
Condensed split-pea soup with ham	32
Minced sirloin	30
Chicken drumstick	30
Enriched white bread	29
Whole chicken with skin	28
Leg of lamb	28
Ham (whole)	27
Raisins	26
Hamburger (75% lean)	25
Apple chips	24
Coconut	24
Green olives	24
Pork baby back ribs	24
Bagel	23
Condensed tomato soup	23
Peanut butter	23
Sherbet	23
Reduced-fat sour cream	22
Condensed cream of broccoli soup	21
Salted, dry-roasted peanuts	21
Instant chocolate pudding	20
Fried egg	18
Swiss cheese	17
Diet fizzy drinks	15
Non-streaky bacon	13
Pretzel sticks	11
Dark chocolate	10
White bread	9
Salami	7
Hot dog	5
Cheese puffs	4
Milk chocolate	3
Apple pie	2
Crackers	2
Fizzy drinks	1
Popsicle	1

For more food scores visit [nuval.com](http://nuval.com)