

Most Healthful Vegan Foods

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Watercress	981	32.1	11591	Okra	566	11.4	11278
Total cereal	970	1.1	08077	White mushrooms	563	16.0	11260
Complete Wheat Bran	960	1.1	08028	Dandelion greens	562	7.8	11207
Spinach	958	15.3	11457	Kale	556	7.1	11233
Complete Oat Bran Flakes	945	1.0	08258	Thyme, fresh	554	3.5	02049
Chicory greens	862	15.3	11152	Spearmint, dried	552	1.2	02066
Total Corn Flakes	853	0.9	08246	Portabella mushrooms	531	13.6	11265
Beet greens	833	16.0	11086	Smart Start Cereal	531	1.0	08318
Basil	820	13.1	02044	Marjoram, dried	527	1.3	02023
Multi-Grain Cheerios	804	0.9	08087	Thyme, dried	527	1.3	02042
Coriander (cilantro) leaves	802	15.3	11165	Asparagus	525	14.1	11011
Broccoli raab	794	16.0	11096	Seaweed, spirulina	520	13.6	11666
Mustard greens	786	13.6	11270	Red leaf lettuce	514	22.0	11257
Swiss chard	782	18.6	11147	Italian (Crimini) mushrooms	509	13.1	11266
Endive	768	20.7	11213	Sprouted kidney beans	503	12.2	11029
All-Bran with fiber	762	1.8	08253	Broccoli	499	10.4	11090
Chinese cabbage (bok choy)	761	27.1	11116	Wheat bran, crude	488	1.6	20077
Turnip greens	757	11.0	11568	Smart Start Soy Protein	484	1.0	08385
Parsley	736	9.8	11297	Toasted Wheat Bran	484	1.8	08363
Balsam-pear (bitter gourd)	727	11.8	11022	Brussels sprouts	479	8.2	11098
All-Bran Original	695	1.4	08001	Zucchini	479	22.0	11477
Chives	684	11.8	11156	Peppermint, fresh	479	5.0	02064
Dill weed	680	8.2	02045	Summer squash	472	22.0	11641
Green leaf lettuce	672	23.5	11253	Sprouted kidney beans, cooked	470	10.7	11030
Purslane	667	22.0	11427	Oegano, dried	464	1.2	02027
Dried basil	661	1.4	02003	Fiber One	464	1.8	08244
Collards	653	11.8	11161	Seaweed, wakame	463	7.8	11669
Romaine lettuce	649	20.7	11251	Rice bran	451	1.1	20060
Coriander leaf, dried	649	1.3	02012	Paprika	446	1.2	02028
Swamp cabbage	646	18.6	11503	Sprouted alfalfa seeds	444	15.3	11001
Garden cress	629	11.0	11203	Broccoli stalks	442	12.6	11741
Spearmint, fresh	621	8.0	02065	Kelloggs Special K	434	0.9	08067
Arugula	618	14.1	11959	Red bell peppers	434	13.6	11821
Spinach, canned	618	18.6	11459	Sage	423	1.1	02038
Boston lettuce	615	27.1	11250	Grape leaves	423	3.8	11974
Parsley, dried	605	1.3	02029	Cauliflower	412	14.1	11135
Lambsquarters, raw	603	8.2	11244	Dill weed, dried	404	1.4	02017
All-Bran Buds	592	1.4	08005	Savory	403	1.3	02039
Total Raisin Bran	580	1.1	08247	Pimento, canned	396	15.3	11943

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Wheaties	390	1.0	08089	Fennel seed	287	1.0	02018
Podded peas	388	8.4	11300	Sauerkraut, canned	287	18.6	11439
Cabbage	388	14.1	11109	POST 100% BRAN	287	1.2	08343
Oyster mushrooms	384	10.1	11987	Sprouted navy beans, cooked	286	4.5	11047
Seaweed, kelp	380	8.2	11445	Black pepper	283	1.4	02030
Celery	377	22.0	11143	Capers, canned	280	15.3	02054
Taragon, dried	373	1.2	02041	Crushed tomatoes, canned	277	11.0	11693
Tomatoes, ripe	372	19.6	11529	Kelloggs Corn Flakes	275	1.0	08020
Iceberg lettuce	367	25.2	11252	Celery seeds	275	0.9	02007
Chili powder	365	1.1	02009	Gourd	269	25.2	11218
Sprouted mung beans, cooked	356	16.8	11044	Sprouted pinto beans, cooked	268	16.0	11654
Sprouted mung beans	353	11.8	11043	Yellow mustard	267	5.3	02046
Chili peppers	353	8.8	11819	Sprouted soybeans, cooked	265	4.4	11453
Toasted wheat germ	352	0.9	08084	Tomatoes, canned	265	20.7	11531
Green beans	352	11.4	11052	Artichokes	263	7.5	11007
Bamboo shoots	352	13.1	11026	Carrots	261	8.6	11124
Poultry seasoning	351	1.1	02034	Blackberries	255	8.2	09042
Green bell peppers	350	17.6	11333	Peas	255	4.4	11304
Pumpkin	348	13.6	11422	Ground tumeric	254	1.0	02043
Lemons, with peel	347	17.6	09151	Rosemary, fresh	251	2.7	02063
Tomato juice	342	20.7	11886	Eggplant	250	14.7	11209
Red-cayenne pepper	340	1.1	02031	Cumin seed	250	0.9	02014
Cheerios	329	1.0	08013	Tofu, firm	248	5.0	16126
Sprouted navy beans	323	5.3	11046	Cloves	248	1.1	02011
Seaweed, agar	321	13.6	11442	Cantaloupe	247	10.4	09181
Shiitake mushrooms	319	1.2	11268	Leeks	245	5.8	11246
Wheat germ, crude	318	1.0	20078	Lemon peel	245	7.5	09156
Sprouted radish seeds	318	8.2	11676	Rosemary, dried	245	1.1	02036
Kohlrabi	318	13.1	11241	Soy milk	245	6.8	16120
Bay leaf spice	318	1.1	02004	Sprouted soybeans	243	2.9	11452
Radishes	317	22.0	11429	Enoki mushrooms	242	8.0	11950
Cinnamon	302	1.4	02010	Soybeans	236	0.8	16108
Sprouted pinto beans	299	5.7	11653	Cucumber	236	23.5	11205
Soy protein isolate	296	1.0	16122	Tofu, extra firm	234	3.9	16159
Oat bran	295	1.4	20033	Ground ginger	231	1.0	02021
Raisin Bran Cereal	291	1.1	08061	Strawberries	228	11.0	09316
Rhubarb	291	16.8	09307	Caraway seeds	228	1.1	02005
Pumpkin, canned	290	10.4	11424	Fennel bulbs	227	11.4	11957
Curry powder	289	1.1	02015	Guavas	227	5.2	09139

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Lima beans	226	3.1	11031	Pink beans	184	1.0	16040
Rutabagas	225	9.8	11435	Beets	183	8.2	11080
Dill seed	224	1.2	02016	Gooseberries	182	8.0	09107
Acerola West Indian cherry	220	11.0	09001	Pumpkin pie mix, canned	180	3.4	11426
Tomato paste	217	4.3	11887	Black beans	178	1.0	16014
Coriander seed	217	1.2	02013	Chickpeas (garbanzo)	174	1.0	16056
Papayas	217	9.0	09226	Poppy seed	172	0.7	02033
Soybeans, green	214	2.4	11450	Split peas	172	1.0	16085
Pineapple	211	7.3	09266	Brazilnuts, dried	170	0.5	12078
Raspberries	209	6.8	09302	Parsnips	170	4.7	11298
Cardamom	209	1.1	02006	Apricots raw	169	7.3	09021
Saffron	208	1.1	02037	Mulberries	168	8.2	09190
Sprouted lentils	207	3.3	11248	Pumpkin-squash seeds	167	0.7	12016
Turnips	206	12.6	11564	Tempeh	167	1.8	16114
Lentils	205	1.0	16069	Orange juice, California	163	8.0	09406
Cranberry beans	201	1.1	16019	Sprouted peas	161	2.8	11316
Cowpeas (blackeyes)	200	3.9	11191	Sesame seeds	161	0.6	12023
Mustard seed	199	0.8	02024	Oranges	161	7.5	09200
Sprouted lentils, cooked	199	3.5	11249	Grapefruit juice	160	9.0	09404
Anise seed	198	1.0	02002	Allspice	159	1.3	02001
Sunflower seed kernels	197	0.6	12036	Durum wheat	158	1.0	20076
Great northern beans	196	1.0	16024	Shallots	158	4.9	11677
Fava beans	195	1.0	16052	Elderberries	158	4.8	09088
Kiwi	195	5.8	09148	Sprouted wheat	153	1.8	20087
Mung beans	195	1.0	16080	Soyburger	153	1.8	43133
Orange peel	195	3.6	09216	White pepper	153	1.2	02032
Navy beans	195	1.0	16037	Oats	148	0.9	20038
Kidney beans	194	1.1	16027	Hazelnuts or filberts	145	0.6	12120
Adzuki beans	194	1.1	16001	Sprouted peas, cooked	143	3.6	11317
Lemons	193	12.2	09150	Black walnuts, dried	142	0.6	12154
Limes	192	11.8	09159	Flaxseeds	142	0.7	12220
White beans	192	1.0	16045	Japanese chestnuts	141	2.3	12202
Garlic	190	2.4	11215	Japanese chestnuts, dried	141	1.0	12175
Tomatillos	190	11.0	11954	Cranberries	140	7.7	09078
Yellow beans	189	1.0	16047	Lotus seeds, dried	139	1.1	12013
Sun-dried tomatoes	189	1.4	11955	Lotus seeds raw	139	4.0	12205
Grapefruit	187	11.0	09111	Tofu, fried	139	1.3	16129
Pinto beans	185	1.0	16042	Almonds	138	0.6	12061
Sweet potato	184	4.1	11507	Orange juice	136	7.8	09206

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Pineapple juice w-vit C	136	6.7	09409	Watermelon	105	11.8	09326
Clementines	135	7.5	09433	Mashed potato flakes	104	1.0	11378
Kumquats	135	5.0	09149	Onions	102	8.8	11282
Horseradish	132	7.3	02055	Potatoes, no skin	102	3.8	11363
Orange juice, fr-concentrate	131	7.8	09215	Hummus	101	2.1	16158
Potatoes with skin	131	4.6	11352	Ground mace	99	0.7	02022
Corn flour, enriched	130	1.0	20017	Mangos	99	5.4	09176
Barley	128	1.0	20004	Honeydew melons	99	9.8	09184
Peanuts	127	0.6	16087	Cashew nuts, roasted	98	0.6	12085
Avocados raw	127	2.2	09037	Pineapple, canned	98	5.9	09268
Grape-Nuts Cereal	127	1.0	08329	Chia seeds, dried	97	0.7	12006
Garlic powder	127	1.1	02020	Ginger root	97	4.4	11216
Pine nuts, dried	126	0.5	12147	Millet	96	0.9	20031
Sweet yellow corn	124	4.1	11167	Tofu	94	3.0	16132
Orange juice, concentrate	124	2.2	09214	Peaches	93	9.0	09236
Spaghetti, enriched	123	1.0	20120	Ginko nuts	93	1.9	12127
Bulgur	123	1.0	20012	Pinyon nuts, dried	92	0.6	12149
Semolina, enriched	123	1.0	20066	Roasted Chestnuts European	90	1.4	12167
Butternuts, dried	123	0.6	12084	Pecans	89	0.5	12142
Spaghetti squash	122	11.4	11492	Pumpkin and squash seeds	88	0.8	12163
Shredded wheat	122	1.0	08147	Nectarines	88	8.0	09191
Buckwheat	118	1.0	20008	Macadamia nuts	86	0.5	12131
Wheatena	116	6.3	08143	Litchis, dried	82	1.3	09165
Cashew nuts, raw	114	0.6	12087	Blueberries	80	6.2	09050
Quinoa	114	0.9	20035	Raw Chestnuts European	79	1.8	12098
Wild rice	114	1.0	20088	Walnuts	79	0.5	12155
Salsify, (vegetable oyster)	114	4.3	11437	Onion powder	77	1.0	02026
Pistachio nuts	112	0.6	12151	Bananas	73	4.0	09040
Brown rice	112	1.0	20036	European chestnuts, dried	73	1.0	12100
Tangerines, mandarin oranges	111	6.7	09218	Plantains	69	2.9	09277
Chinese chestnuts, raw	110	1.6	12093	Cider vinegar	66	16.8	02048
Taro	109	3.1	11518	Plums	65	7.7	09279
Wheat	109	1.0	20075	Pear nectar, w-vit C	64	5.9	09408
MultiGrain Oatmeal	108	1.1	08200	Quaker Puffed Rice	63	0.9	08066
Watermelon seeds, dried	108	0.6	12174	Tofu yogurt	61	3.8	43476
White rice, enriched	107	2.9	20047	Apricots dried	61	1.5	09032
Sour red cherries	106	7.1	09063	Couscous	58	0.9	20028
Yams	106	3.0	11601	Beechnuts, dried	58	0.6	12077
Chinese waterchestnuts	105	3.6	11588	Mandarin oranges, canned	57	5.8	09220

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Olives, canned	54	3.1	09193	Imitation vanilla extract	-29	1.5	02051
Pears, asian	53	8.4	09340	Vanilla extract	-34	1.2	02050
Puffed millet	53	1.0	43483	Vanilla extract, imitation	-37	6.3	02052
Sorghum	51	1.0	20067				
Wheat gluten	50	1.0	48052				
Miso	49	1.8	16112				
Potatoes, hashed brown	46	1.6	11391				
Potatoes, au gratin, mix	43	1.1	11384				
Kashi GoLean Crunch	41	0.9	08386				
Ground nutmeg	40	0.7	02025				
Apple juice, concentrate	40	2.1	09410				
Figs	40	4.8	09089				
Crabapples	40	4.6	09077				
Cornmeal	39	1.0	20422				
Dried plums	39	1.5	09291				
Grapes	39	5.1	09132				
Vinegar, red wine	38	18.6	02068				
Apricot nectar, canned	38	6.3	09036				
Sweet red cherries	36	5.6	09070				
Prune juice	35	5.0	09294				
Grape juice concentrate, w-C	35	2.0	09136				
Fruit cocktail in syrup	33	4.0	09101				
Pears	33	6.1	09252				
Stewed prunes	29	3.3	09292				
Catsup	24	3.6	11935				
Pomegranates	23	5.2	09286				
Puffed Wheat	22	1.1	08379				
Distilled vinegar	22	19.6	02053				
Apples	21	6.8	09003				
Puffed Rice	13	0.9	08378				
Applesauce	8	8.2	09019				
Raisins	8	1.2	09298				
Dates	6	1.3	09087				
Peaches in syrup, canned	5	4.8	09241				
Cornstarch	4	0.9	20027				
Papaya nector, canned	-3	6.2	09229				
Pears in syrup, canned	-4	6.2	09256				
Vinegar, balsamic	-8	4.0	02069				
Maraschino cherries	-22	2.1	09328				