

Overall Nutritional Quality

Nutrition shake (fortified)	Protein shake (fortified)	Formulated bar (fortified)	Breakfast cereal (fortified)
Infant or child formula (fortified)	Moose liver	Fruit juice (fortified)	Lamb liver
Pork liver	Lambsquarters	Chicken liver	Vegetable juice (fortified)
Beef liver	Tofu (fortified)	Spinach	Veggie burgers (fortified)
Duck liver	Veal liver	Turkey liver	Chicken giblets
Goose liver	Potherb jute	Emu meat	Instant breakfast drink (fortified)
Beef kidney	Beet greens	Elk meat	Amaranth leaves
Buffalo top round steak	Fireweed leaves	Caribou meat	Leafy tips of bitter gourd
Seal meat	Cuttlefish	Dried goji berries	Lamb kidney
Rose hips	Sea lion liver	Sea lion heart	Waffles (fortified)
Whole grain pasta	Adzuki beans	White beans	Pork kidney
Whelk	Chia seeds	Soy milk (fortified)	Cowpeas
Elk meat	Malted milk drink (fortified)	Turkey giblets	Protein bar (fortified)
Edamame	Ostrich meat	Kidney beans	Lima beans
Blue mussel	Veal kidney	Beef spleen	Cranberry beans
Quail meat	Soy yogurt (fortified)	Deer meat	Green soybeans
Pink beans	Lentils	Taro leaves	Soybeans
Juice drink (fortified)	Pork heart	Yardlong beans	Winged bean leaves
Drumstick leaves	Bluefin tuna	Yellow beans	Immature seeds of pigeon pea
Turkey heart	Bison chuck shoulder clod	Beef heart	Sea lion meat
Lamb heart	Veal heart	Hyacinth beans	Goose meat (without skin)
Veal spleen	Bison top round	Pork ham with natural juices	Moth beans
Pacific oyster	Spinach spaghetti	Chicory greens	Dandelion greens
Turnip greens	Amaranth grain	Chicken heart	Black turtle beans
Collards	Bison top sirloin	Lamb spleen	Lamb lungs
Quinoa	Pork pancreas	Wild Atlantic salmon	Polar bear meat
Pigeon peas	Whole sesame seeds	Octopus	Papad
Oats	Burbot	King mackerel	Mamey sapote
Teff	Cottonseed flour (low fat)	Mungo beans	Conch
Raccoon meat	Beef pancreas	Walleye pike	Beaver meat
Carrot juice			