

# nutrient dense foods for maintenance

**who** people who have good blood glucose levels and body weight are looking for nutrient dense foods for long term maintenance

**how** high nutrient density per calorie to minimise cravings and maximise satiety

## vegetables

- celery
- rhubarb
- summer squash
- winter squash
- okra
- lettuce
- broccoli
- turnip greens
- Chinese cabbage
- jalapeno peppers
- artichokes
- seaweed (kelp)
- snap green beans
- asparagus
- bell peppers
- cabbage
- kale
- parsnip
- radishes
- peas
- onions
- mung beans
- bamboo shoots
- Brussels sprouts
- sweet corn
- pinto beans
- turnips
- pumpkin
- sweet potato
- white mushrooms
- collards
- banana pepper
- eggplant (cooked)
- beets
- carrots
- mustard greens

- cucumber
- potato

## animal products

- beef liver
- chicken liver
- egg yolk
- whole egg
- ham
- chuck steak
- pork
- turkey heart
- veal (leg)
- bacon
- chicken breast

## seafood

- oyster
- trout
- tuna
- mackerel
- swordfish
- salmon
- anchovy
- snapper
- caviar
- sturgeon
- sardine
- pollock
- herring
- lobster
- whitefish
- shrimp (cooked)
- mussel
- crab
- halibut
- whiting
- octopus

- abalone
- haddock
- crayfish
- clam
- perch
- squid
- haddock
- cod

## fruit

- cherries
- grapes
- apples
- oranges
- figs
- litchis
- passion fruit
- blueberries
- mandarin oranges
- honeydew melon
- raisins

## nuts, seeds & legumes

- coconut water
- sunflower seeds
- tahini
- pistachio nuts
- pecans
- pine nuts

## grains

- teff
- oatmeal
- spelt
- quinoa
- millet
- brown rice