vegan (most nutrient dense)

**who**  people who chose to eat only plant based foods for ethical or religious reasons

**how**  these foods maximise the harder to find nutrients in plant based approach

**vegetables**
- watercress
- broccoli
- spinach
- spirulina
- turnip greens
- asparagus
- portabella mushrooms
- Chinese cabbage
- white mushroom
- chard
- zucchini
- cauliflower
- parsley
- lettuce
- chives
- endive
- mung beans
- collards
- chicory greens
- okra
- seaweed (wakame)
- beet greens
- soybeans (sprouted)
- shiitake mushroom
- alfalfa
- escarole
- summer squash
- brown mushrooms
- edamame
- coriander
- radicchio
- Brussel sprouts
- bamboo shoots
- kale
- celery
- peas
- seaweed (kelp)
- radishes
- cabbage

**legumes**
- soy protein isolate
- tofu
- soy sauce
- soybeans
- natto
- lupin beans
- cowpeas
- lima beans
- lentils
- mung beans
- navy beans
- broad beans
- kidney beans
- black beans
- pinto beans

**fruits**
- carambola
- avocado
- rhubarb
- Guava
- jackfruit
- cantaloupe
- apricots
- strawberries
- kiwifruit
- blackberries
- peaches

**spices**
- basil
- parsley
- paprika
- cloves
- mustard seed
- curry powder
- caraway seed
- turmeric
- sage
- thyme

**nuts and seeds**
- pumpkin seeds
- sunflower seeds
- coconut water
- sesame butter
- cashews
- walnuts
- flax seed
- sesame seeds
- pistachio nuts
- almond butter
- almonds
- butternuts
- hazel nuts
- macadamia nuts
- pine nuts
- coconut milk
- coconut meat
- coconut cream