

the most nutritious foods

These foods contain more of the nutrients that are harder to find in adequate quantities (i.e. vitamin D, choline, calcium, potassium, vitamin E, pantothenic acid, zinc and selenium)

vegetables & fruit

- endive
- watercress
- asparagus
- chicory greens
- spinach
- coriander
- escarole
- arugula
- chard
- portabella mushrooms
- white mushroom
- broccoli
- seaweed (laver)
- parsley
- radicchio
- celery
- shiitake mushroom
- beet greens
- lettuce
- Chinese cabbage
- collards
- seaweed (kelp)
- mustard greens
- cauliflower
- pickles
- cucumber
- yeast extract spread
- pumpkin
- zucchini
- cabbage
- alfalfa
- chives
- rhubarb
- turnip greens
- banana pepper
- radishes
- chayote
- sauerkraut
- jalapeno peppers
- mung beans
- snap beans

- artichokes
- summer squash
- peas
- red peppers
- kale
- eggplant
- butternut squash
- onions
- turnips
- winter squash
- Brussel sprouts
- spirulina
- carrots
- blackberries

spices

- basil
- paprika
- dill
- curry powder
- thyme
- sage
- cloves
- marjoram
- mustard seed
- tarragon

animal products

- chicken liver
- turkey liver
- veal liver
- beef liver
- ham (lean only)
- chicken breast
- steak (lean)
- chicken liver pate
- beef heart
- lamb kidney
- pork chop
- sirloin steak
- beef kidney
- pork liver
- ground beef
- beef brains

- turkey heart
- chuck steak
- turkey gizzard
- ground pork
- veal
- turkey drumstick
- leg ham
- pork shoulder
- roast pork
- turkey ham

seafood

- crab
- lobster
- fish roe
- oysters
- crayfish
- halibut
- trout
- cod
- salmon
- rockfish
- flounder
- shrimp
- caviar
- molluscs
- octopus
- anchovy
- perch
- whiting
- clam
- pollock
- haddock
- sturgeon
- white fish
- sardine
- mackerel
- herring
- scallop

dairy and egg

- kefir (low fat)
- whole egg
- egg yolk