

# nutrient dense bivalve vegan foods

Bivalve vegans add molluscs to a plant based diet to provide vitamin B12 and omega 3 which are very hard to obtain on an exclusively vegan approach. These foods also provide more of the harder to find nutrients on a vegan diet (i.e. omega 3, vitamin D, choline, methionine, selenium, leucine, lysine, calcium, niacin, zinc and potassium). From a macronutrient perspective these foods are 21% protein, 14% fat and 45% net carbohydrates with an average energy density of 129g per 100g.

## vegetables

- seaweed
- mushrooms
- spinach
- asparagus
- watercress
- Chinese cabbage
- endive
- parsley
- chard
- spirulina
- amaranth leaves
- escarole
- lettuce
- turnip greens
- coriander
- chicory greens
- okra
- alfalfa
- mung beans
- yeast extract spread
- chives
- broccoli
- zucchini
- arugula
- cauliflower
- collards
- beet greens
- cabbage
- celery
- turnips
- snap beans
- radishes
- radicchio
- summer squash
- pickles
- cucumber
- rhubarb
- sauerkraut
- onions

- soybeans
- mustard greens
- artichokes
- kale
- banana pepper
- edamame
- pumpkin
- Brussel sprouts
- eggplant
- chayote
- peas
- carrots
- red cabbage
- turnips
- pinto beans
- lima beans
- red peppers
- butternut squash

## spices

- basil
- dill (fresh)
- paprika

## fruit

- cantaloupe
- carambola
- mulberries
- honeydew melon
- peaches
- blackberries
- strawberries
- grapefruit
- nectarines
- kiwifruit
- oranges
- apricots
- raspberries
- limes
- boysenberries

## nuts & seeds

- coconut water
- brazil nuts
- sunflower seeds
- sesame butter
- pumpkin seeds
- flax seed
- sesame seeds
- pistachio nuts
- ginkgo nuts
- cashews
- almonds

## legumes

- tofu
- natto
- lentils
- black beans
- navy beans
- kidney beans
- cowpeas
- broad beans
- miso
- peas
- lupin seeds
- chick peas
- garbanzo beans
- peanuts
- hummus

## seafood

- clam
- oysters
- mussel
- scallop
- molluscs
- welk
- conch
- abalone