

energy dense foods for athletes

These foods are more energy dense to enable an athlete to obtain enough energy while prioritising harder to find nutrients (i.e. omega 3, choline, calcium, potassium, magnesium, vitamin D, thiamine, zinc, niacin and leucine). From a macronutrient perspective these foods are 39% protein, 40% fat, and 15% net carbohydrates with a density of 366 calories/100g.

vegetables

- spinach
- yeast extract spread
- Chinese cabbage
- asparagus
- seaweed
- okra
- lettuce
- chard
- white mushroom
- chicory greens
- mushroom
- alfalfa
- escarole
- spirulina
- amaranth leaves
- seaweed
- arugula
- chives
- beet greens
- zucchini
- turnip greens
- mung beans

seafood

- cod
- salmon
- halibut
- sturgeon
- smelt
- anchovy
- crab
- caviar
- pollock
- trout
- haddock
- lobster
- white fish
- rockfish
- fish roe
- crayfish

- octopus
- sardine
- oysters
- whiting
- shrimp
- flounder
- mussel
- starfish
- tuna
- clam
- herring
- mackerel

nuts, seeds & legumes

- pumpkin seeds
- flax seed
- pili nuts
- sesame butter
- brazil nuts
- sesame seeds
- pine nuts
- macadamia nuts
- almond butter
- peanuts
- pecans
- almonds
- cashews
- butternuts
- peanut butter
- walnuts
- hazelnuts
- pistachio nuts
- sunflower seeds
- black beans
- lupin seeds
- kidney beans

offal

- liver
- heart
- kidney

animal products

- pork chops
- chicken breast
- ground pork
- pork shoulder
- leg ham
- veal
- sirloin steak
- turkey
- ground beef (lean)
- pork ribs
- pork (lean)
- pork loin
- roast pork
- chicken drumstick
- chuck steak
- ground turkey
- veal loin
- pork skins
- sirloin steak
- roast ham
- pepperoni
- salami
- lamb
- roast beef
- beef ribs
- top round steak
- lamb
- rib eye fillet
- chorizo
- beef roast

dairy & egg

- protein powder
- butter
- egg yolk
- cream cheese
- cheddar cheese
- parmesan cheese
- Swiss cheese