

# nutritious low carb paleo foods

These foods emphasise the nutrients associated that are harder to find on a paleo dietary approach (i.e. omega 3, choline, vitamin D, vitamin E, calcium, magnesium, potassium, thiamine, zinc and folate) while removing grains and dairy and prioritising foods with a lower insulin load to help you stabilise blood sugars and insulin levels. From a macronutrient perspective, these foods are 47% protein, 17% fat and 22% net carbohydrates with a higher energy density of 260 calories per 100g.

## vegetables & fruit

- endive
- chicory greens
- coriander
- escarole
- alfalfa
- beet greens
- spinach
- mustard greens
- asparagus
- banana pepper
- collards
- olives
- parsley
- arugula
- zucchini
- chard
- lettuce
- avocado
- okra
- turnip greens
- pickles
- cucumber
- Chinese cabbage
- blackberries
- eggplant
- sauerkraut
- watercress
- summer squash
- broccoli
- chives
- red peppers
- celery
- raspberries
- radishes
- artichokes
- chayote
- cauliflower
- shiitake mushroom
- yeast extract spread

- cabbage
- turnips
- edamame
- rhubarb
- white mushroom
- Brussel sprouts
- snap beans
- kale

## spices

- curry powder
- basil
- sage
- paprika
- cloves
- thyme

## nut and seeds

- flax seed
- sunflower seeds
- coconut milk
- almonds
- hazelnuts
- almond butter
- brazil nuts
- sesame seeds
- coconut cream
- pine nuts
- pumpkin seeds
- coconut meat
- pecans
- macadamia nuts
- sesame butter
- walnuts

## offal

- liver
- heart
- kidney
- brains

## animal products

- egg yolk
- whole egg
- bacon
- turkey
- meatballs
- bologna
- ground turkey
- knackwurst
- pepperoni
- pork ribs
- ham
- lamb
- chorizo
- blood sausage
- beef sausage
- duck
- sirloin steak
- roast ham
- pork ribs
- pork loin
- T-bone steak
- roast pork
- chicken
- beef loin
- ground beef
- beef ribs

## seafood

- mackerel
- caviar
- fish roe
- anchovy
- trout
- sturgeon
- sardine
- salmon
- herring
- oysters
- halibut