

mitochondrial support (low carb)

Mitochondrial function is at the root of metabolic disease. The foods listed below prioritise electrolytes as well as the B vitamins that are critical to energy production while also having a lower insulin load to help balance blood sugars if you are already experiencing symptoms of diabetes and metabolic syndrome such as elevated blood sugars. From a macronutrient perspective, these foods are 25% protein, 47% fat and 13% net carbohydrates.

vegetables

- endive
- coriander
- chicory greens
- alfalfa
- escarole
- spinach
- zucchini
- beet greens
- mustard greens
- Chinese cabbage
- lettuce
- banana pepper
- arugula
- asparagus
- sauerkraut
- parsley
- collards
- okra
- chard
- pickles
- cucumber
- radishes
- chives
- summer squash
- eggplant
- celery
- broccoli
- cauliflower
- red peppers
- portabella mushrooms
- turnip greens
- chayote
- jalapeno peppers
- artichokes
- shiitake mushroom
- watercress
- Brussel sprouts
- cabbage

- yeast extract spread
- white mushroom
- edamame
- turnips
- snap beans

spices

- basil
- paprika
- sage
- marjoram
- curry powder
- thyme
- dill
- poppy seeds
- caraway seed
- cloves

nuts and seeds

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

offal

- liver
- brains

- liverwurst
- sweetbread
- pate
- heart

animal products

- egg yolk
- cream
- headcheese
- bologna
- sour cream
- whole egg
- bratwurst
- feta cheese
- pork ribs
- bacon
- knackwurst
- cream cheese
- meatballs
- kielbasa
- lamb
- beef sausage
- salami
- butter
- lamb rib
- limburger cheese
- camembert
- blood sausage
- pork sausage
- pepperoni
- frankfurter
- duck
- turkey
- chorizo
- brie

seafood

- mackerel
- caviar
- salmon
- fish roe