

nutrient dense foods for maintenance

These foods prioritise harder to find nutrients (i.e. omega 3, choline, vitamin D, calcium, potassium, magnesium, zinc, thiamine leucine, folate and niacin) while also having a higher energy density to support weight maintenance. From a macronutrient perspective these foods are 39% protein, 40% fat, and 15% net carbohydrates and have an energy density of 240 calories/100g.

vegetables

- spinach
- endive
- yeast extract spread
- watercress
- Chinese cabbage
- asparagus
- seaweed
- parsley
- okra
- lettuce
- coriander
- chicory greens
- escarole
- alfalfa
- chard
- arugula
- chives
- white mushroom
- mushrooms
- zucchini
- mung beans
- shiitake mushroom
- turnip greens
- cauliflower
- spirulina
- beet greens
- broccoli
- artichokes
- cabbage
- celery
- snap beans

spices

- basil
- tarragon
- sage
- thyme
- dill
- mustard seed

seafood

- cod
- salmon
- halibut
- sturgeon
- crab
- anchovy
- fish roe
- smelt
- pollock
- caviar
- lobster
- trout
- haddock
- crayfish
- white fish
- rockfish
- octopus
- mussel
- oysters
- whiting
- sardine
- shrimp

nuts, seeds & legumes

- flax seed
- pumpkin seeds
- sesame butter
- black beans
- sesame seeds
- pili nuts
- brazil nuts
- pine nuts
- peanuts
- lupin seeds
- kidney beans
- almond butter
- macadamia nuts
- almonds
- pecans

- cashews
- sunflower seeds
- peanut butter
- butternuts
- garbanzo beans
- pistachio nuts
- hazelnuts
- walnuts

offal

- turkey liver
- veal liver
- beef liver
- chicken liver
- lamb liver
- pork liver
- turkey heart
- lamb kidney
- turkey gizzard

animal products

- pork chops
- chicken breast
- ground pork
- pork shoulder
- leg ham
- veal
- sirloin steak
- ground beef
- turkey
- pork ribs
- chicken drumstick
- pork loin

dairy & egg

- protein powder
- butter
- egg yolk
- cream cheese