

nutrient dense 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. From a macronutrient perspective, these foods are 47% protein, 17% fat and 22% net carbohydrates with an energy density of 92 calories per 100g.

vegetables

- endive
- spinach
- watercress
- asparagus
- coriander
- chicory greens
- chard
- parsley
- Chinese cabbage
- lettuce
- okra
- escarole
- seaweed
- beet greens
- arugula
- yeast extract spread
- mustard greens
- white mushroom
- shiitake mushroom
- broccoli
- turnip greens
- zucchini
- banana pepper
- collards
- chives
- spirulina
- celery
- alfalfa
- radicchio
- amaranth leaves
- cabbage
- summer squash
- artichokes
- mung beans
- pickles
- cucumber
- kale
- snap beans
- pumpkin
- cauliflower

- rhubarb
- butternut squash
- onions
- sauerkraut
- turnips
- winter squash
- red peppers
- radishes
- eggplant
- peas
- Brussel sprouts
- jalapeno peppers
- chayote
- carrots
- red cabbage
- pinto beans
- celeriac
- edamame

spices

- basil
- cloves
- sage
- thyme
- dill (fresh)
- paprika
- tarragon
- marjoram
- curry powder
- cumin
- dill seed
- caraway seed

offal

- liver
- heart
- kidney
- brains

animal products

- chicken breast
- pork chops

- ground pork
- pork shoulder
- leg ham
- veal
- sirloin steak
- turkey
- ground beef
- chicken drumstick
- roast ham
- pork loin

seafood

- crab
- halibut
- salmon
- sturgeon
- fish roe
- oysters
- lobster
- crayfish
- anchovy
- trout
- cod
- pollock
- haddock
- white fish
- mussel
- shrimp
- caviar
- flounder
- octopus
- sardine
- whiting
- perch
- clam
- mackerel
- scallop
- molluscs
- herring
- tuna