

nutrient dense pescitarian foods

A pescitarian is a plant based diet with the addition of seafood. These foods provide more of the harder to find nutrients on a pescitarian diet (i.e. choline, vitamin D, omega 3, calcium, magnesium, thiamine, potassium, niacin & zinc). From a macronutrient perspective these foods are 37% protein, 16% fat and 31% net carbohydrates with an energy density of 108 calories per 100g.

vegetables

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

- radishes
- radicchio
- onions
- soybeans
- kale
- peas
- eggplant
- pumpkin
- butternut squash
- chayote
- pinto beans
- red cabbage
- Brussel sprouts
- winter squash
- edamame
- celeriac
- turnips
- carrots
- red peppers

spices

- basil
- dill (fresh)
- tarragon
- sage
- marjoram
- cloves
- thyme

fruit

- cantaloupe
- mulberries
- blackberries
- honeydew melon
- strawberries
- oranges
- raspberries
- nectarines
- grapefruit
- boysenberries
- peaches

nuts, seeds & legumes

- coconut water
- tofu
- black beans
- flax seed
- natto
- navy beans
- kidney beans
- pumpkin seeds
- cowpeas
- lentils

seafood

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