

# nutrient dense plant based (low carb)

These foods provide more of the harder to find nutrients on a plant based diet (i.e. omega 3, vitamin B12, vitamin D, choline, selenium, methionine, zinc, lysine, leucine, valine, tyrosine, calcium and niacin). A lower insulin load helps stabilise blood sugar and insulin levels. From a macronutrient perspective these foods are 17% protein, 29% fat, and 35% net carbohydrates with an energy density of 241 calories per 100g.

## vegetables

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

- rhubarb
- snap beans
- yeast extract spread
- kale
- watercress
- turnips
- peas
- onions

## spices

- curry powder
- poppy seeds
- nutmeg
- mustard seed
- paprika
- caraway seed
- sage
- marjoram
- thyme

## fruit

- olives
- avocado
- blackberries
- raspberries
- strawberries
- apples
- gooseberries
- passion fruit
- boysenberries
- carambola
- kiwifruit
- blueberries
- watermelon
- cherries
- mango
- pears
- cranberries
- honeydew melon
- plums
- raisins

## nuts & seeds

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

## legumes

- peanuts
- tofu
- natto
- hummus
- miso
- lupin seeds
- navy beans
- peas
- lentils
- chick peas

## fats and oils

- coconut oil
- walnut oil
- almond oil
- palm kernel oil
- peanut oil