

# nutrient dense whole food plant based

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). From a macronutrient perspective these foods are 20% protein, 16% fat, and 20% net carbohydrates and have an energy density of 151 calories per 100g.

## vegetables

- seaweed
- watercress
- spinach
- white mushroom
- portabella mushrooms
- spirulina
- asparagus
- Chinese cabbage
- turnip greens
- shiitake mushroom
- endive
- parsley
- okra
- lettuce
- mung beans
- alfalfa
- chard
- cauliflower
- chives
- escarole
- collards
- soybeans
- chicory greens
- zucchini
- peas
- edamame
- beet greens
- coriander
- snap beans
- turnips
- yeast extract spread
- cabbage
- kale
- celery
- summer squash
- arugula
- radishes
- onions
- radicchio

## spices

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

## fruit

- carambola
- cantaloupe
- mulberries
- strawberries
- oranges
- peaches
- blackberries

## nuts & seeds

- brazil nuts
- pumpkin seeds
- sunflower seeds
- sesame butter
- coconut water
- flax seed
- sesame seeds
- pistachio nuts
- butternuts
- cashews
- walnuts
- ginkgo nuts
- almond butter

## legumes

- tofu
- natto
- lentils
- lupin seeds
- cowpeas
- peas
- broad beans
- navy beans
- miso
- kidney beans
- black beans
- chick peas
- garbanzo beans
- peanuts
- hummus