

optimal foods for adrenal fatigue

These foods contain more of the nutrients associated with adrenal fatigue as well as those that are often harder to find (i.e. omega 3, choline, vitamin E, vitamin D, calcium, zinc, thiamine, vitamin A, pantothenic acid, selenium, potassium, magnesium and vitamin B6). From a macronutrient perspective, these foods are 42% protein, 17% fat and 26% net carbohydrates with an energy density of 107 calories per 100g.

vegetables

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

- banana pepper
- artichokes
- butternut squash
- sauerkraut
- onions
- rhubarb
- chayote
- radishes
- winter squash
- eggplant
- turnips
- red peppers
- Brussel sprouts
- pinto beans
- edamame
- red cabbage
- carrots

spices

- basil
- cloves
- dill (fresh)
- paprika
- thyme
- sage
- curry powder
- marjoram
- tarragon
- turmeric
- pepper

offal

- liver
- kidney
- tripe
- heart
- brains

animal products

- chicken breast
- pork chops

- cream cheese
- whole egg
- protein powder
- leg ham
- egg yolk
- ground pork
- pork shoulder
- veal
- ground beef
- roast pork
- beef steak
- pork loin
- chicken drumstick
- pork ribs
- turkey

seafood

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