

# the most nutrient dense foods

These foods maximise the harder to find micronutrients (i.e. omega 3, choline, vitamin D, calcium, magnesium, potassium and zinc) with the minimum amount of energy intake to enable you to meet your nutrient needs without excess energy intake. From a macronutrient perspective these foods are 40% protein, 16% fat, and 29% net carbohydrates.

## vegetables

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

- radishes
- onions
- spirulina
- banana pepper
- soybeans (sprouted)
- peas
- kale
- pumpkin

## spices

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

## seafood

- crab
- lobster
- oysters
- halibut
- white fish
- cod
- caviar
- salmon
- pollock
- fish roe
- rockfish
- mussel
- conch
- crayfish
- sturgeon
- flounder
- haddock
- trout

- whiting
- octopus
- starfish
- perch
- clam
- scallop
- shrimp
- molluscs
- anchovy
- sardine
- mackerel
- smelt
- herring

## nuts and seeds

- coconut water
- tofu
- black beans

## offal

- heart
- liver
- kidney
- brains

## animal products

- pork chops
- chicken breast
- leg ham
- ground pork
- chicken drumstick
- pork shoulder
- ground beef
- veal
- turkey
- steak

## dairy & egg

- cream cheese
- whole egg
- egg yolk
- protein powder