

the most nutritious foods

vegetables

- asparagus
- spinach
- endive
- yeast extract spread
- coriander
- Chinese cabbage
- white mushroom
- watercress
- okra
- lettuce
- portabella mushrooms
- parsley
- chicory greens
- pumpkin leaves
- escarole
- arugula
- seaweed (laver)
- shiitake mushroom
- amaranth leaves
- chard
- seaweed (wakame)
- alfalfa
- chives
- zucchini
- seaweed (kelp)
- mung beans
- beet greens
- cabbage
- celery
- cauliflower
- artichokes
- broccoli
- snap beans
- summer squash
- turnip greens
- mustard greens
- radishes
- banana pepper
- radicchio
- cucumber
- pickles
- sauerkraut
- onions

- spirulina
- collards
- turnips
- rhubarb
- Brussel sprouts
- pinto beans
- peas
- edamame
- red cabbage
- eggplant
- kale
- red peppers
- chayote
- butternut squash
- pumpkin
- beets
- winter squash
- turnips

nuts and legumes

- coconut water
- black beans

spices

- basil
- dill (fresh)
- tarragon
- marjoram
- sage
- thyme
- cloves
- mustard seed
- cumin
- curry powder

seafood

- crab
- crayfish
- lobster
- pollock
- oysters
- halibut
- mussel
- haddock
- cod
- anchovy

- salmon
- octopus
- rockfish
- shrimp
- caviar
- whiting
- sturgeon
- fish roe
- clam
- perch
- flounder
- smelt
- scallop
- molluscs
- sardine
- tuna
- trout
- white fish
- herring

offal

- liver
- heart
- kidney
- brains

animal products

- pork chops (lean)
- chicken breast
- ground pork
- pork shoulder
- leg ham
- sirloin steak (lean)
- veal
- chicken drumstick
- turkey
- ground beef (lean)
- pork loin
- roast pork
- frankfurter (fat free)
- pork ribs
- lamb (lean)
- pork loin (lean)
- roast ham
- turkey