

# the most nutritious plant based foods

these foods contain more of the nutrients that are harder to obtain in adequate quantities from a plant based dietary approach (i.e. omega 3, vitamin D, choline, methionine, selenium, vitamin B-12, zinc and leucine).

## vegetables

- seaweed (laver)
- spirulina
- watercress
- white mushroom
- portabella mushrooms
- spinach
- asparagus
- alfalfa
- Chinese cabbage
- shiitake mushroom
- chard
- mung beans
- turnip greens
- lettuce
- endive
- seaweed (wakame)
- cauliflower
- parsley
- soybeans (sprouted)
- escarole
- chives
- okra
- zucchini
- peas
- chicory greens
- edamame
- collards
- radicchio
- Brussel sprouts
- lima beans
- snap beans
- turnips
- seaweed (kelp)
- yeast extract spread
- kale
- summer squash
- cabbage
- radishes
- beet greens
- coriander

- celery
- onions
- sweet corn
- eggplant
- chayote
- sauerkraut
- carrots
- pumpkin
- turnips
- garlic
- artichokes
- pickles
- cucumber
- arugula
- red peppers
- banana pepper
- red cabbage
- shallots
- jalapeno peppers
- ginger
- beets
- sweet potato
- potato

## fruits

- carambola
- cantaloupe
- peaches
- apricots
- strawberries
- nectarines
- grapefruit
- honeydew melon
- kiwifruit
- watermelon
- oranges
- blackberries
- mango
- mulberries
- avocado
- raspberries
- boysenberries
- cranberries

- pineapple
- bananas
- blueberries
- tangerines
- limes
- plantains
- pears
- apricots
- grapefruit
- litchis
- plums
- passionfruit

## nuts

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

## legumes

- tofu
- natto
- lentils
- lupin seeds
- broad beans
- cowpeas
- peas
- navy beans
- kidney beans
- black beans