the most nutrient dense foods

These foods contain more of the nutrients that are harder to find (i.e. Vitamin D, choline, vitamin E, calcium, potassium, magnesium, zinc, pantothenic acid, selenium and niacin). They will provide the greatest amount of nutrients with the minimum energy intake.

vegetables
- coriander
- asparagus
- endive
- watercress
- chicory greens
- spinach
- portabella mushrooms
- white mushroom
- chard
- arugula
- parsley
- escarole
- shiitake mushroom
- yeast extract spread
- Chinese cabbage
- broccoli
- lettuce
- beet greens
- celery
- okra
- mustard greens
- seaweed (laver)
- radicchio
- zucchini
- seaweed (kelp)
- seaweed (wakame)
- alfalfa
- collards
- chives
- banana pepper
- cauliflower
- mung beans
- turnip greens
- pickles
- cucumber
- cabbage
- pumpkin
- artichokes
- summer squash
- spirulina
- rhubarb
- snap beans
- butternut squash
- radishes
- sauerkraut
- turnips
- jalapeno peppers
- chayote
- winter squash
- kale
- eggplant
- red peppers
- peas
- onions

seafood
- crab
- lobster
- halibut
- salmon
- oysters
- crayfish
- fish roe
- anchovy
- cod
- trout
- caviar
- rockfish
- haddock
- shrimp
- octopus
- flounder
- perch
- whiting
- white fish
- sardine
- clam
- herring
- mackerel
- scallop

animal products
- chicken liver
- veal liver
- beef liver
- turkey liver
- chicken breast
- lamb kidney
- pork chops
- veal
- sirloin steak (lean)
- pork liver
- beef heart
- pork shoulder
- protein powder (whey)
- ground beef (lean)
- kefir (low fat)
- ground pork
- turkey heart
- lamb liver
- leg ham
- turkey gizzard
- veal loin
- beef kidney
- lamb (lean)
- whole egg
- roast pork
- egg yolk

spices & herbs
- basil
- paprika
- dill
- thyme
- curry powder
- sage
- tarragon
- cloves
- marjoram

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