energy dense foods for athletes

These contain more of the harder to find nutrients (i.e. choline, vitamin D, potassium, calcium, calcium vitamin E, magnesium, pantothenic acid and leucine) with a higher energy density (e.g. more dairy, nuts, seeds and legumes) support high levels of activity.

vegetables
- watercress
- poppy seeds
- spinach
- endive
- mustard seed
- basil
- alfalfa
- chicory greens
- Chinese cabbage
- Chard
- arugula
- parsley
- escarole
- cumin
- tarragon
- coriander
- shiitake mushroom
- paprika
- white mushroom
- caraway seed
- asparagus
- lettuce
- curry powder
- marjoram
- dill seed
- chives
- zucchini
- broccoli
- seaweed (laver)
- sage
- thyme
- cauliflower
- turmeric
- beet greens
- okra
- dill
- seaweed (wakame)
- celery
- pickles
- cucumber

- soybeans (sprouted)
- nutmeg
- cloves
- seaweed (kelp)
- artichokes
- pepper
- mung beans
- shallots
- radicchio

dairy & egg
- protein powder
- cream cheese
- butter
- gruyere cheese
- egg yolk
- parmesan cheese
- Swiss cheese
- cheddar cheese
- Edam cheese
- gouda cheese

offal
- liver
- heart
- kidney

animal products
- pork chops
- chicken breast
- sirloin steak
- ground beef
- veal
- steak
- ham
- veal

nuts, seeds & legumes
- pumpkin seeds
- sunflower seeds
- brazil nuts
- sesame butter
- pine nuts
- sesame seeds
- flax seed
- almond butter
- almonds
- walnuts
- pecans
- macadamia nuts
- cashews
- butternuts
- peanuts
- hazelnuts
- pistachio nuts
- peanut butter
- lupin seeds
- black beans
- kidney beans

seafood
- cod
- caviar
- lobster
- crab
- salmon
- fish roe
- halibut
- trout
- crayfish
- pollock
- sturgeon
- rockfish
- flounder
- octopus
- sardine
- shrimp
- whiting

- perch
- clam
- oysters

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