nutrient dense foods for maintenance

These contain more of the harder to find nutrients (i.e. choline, vitamin D, potassium, calcium magnesium, zinc, pantothenic acid, vitamin E and selenium) while maintaining a higher energy density (e.g. more nuts, seeds and legumes) to prevent weight loss.

vegetables
- endive
- watercress
- chicory greens
- spinach
- coriander
- asparagus
- arugula
- chard
- escarole
- parsley
- broccoli
- portabella mushrooms
- white mushroom
- beet greens
- lettuce
- Chinese cabbage
- celery
- radicchio
- seaweed (kelp)
- shitake mushroom
- mustard greens
- okra
- collards
- alfalfa
- zucchini
- seaweed (laver)
- chives
- seaweed (wakame)
- turnip greens
- cauliflower
- pickles
- cucumber
- cabbage
- artichokes
- pumpkin
- rhubarb
- snap beans
- banana pepper
- summer squash
- mung beans
- sauerkraut
- radishes
- butternut squash
- jalapeno peppers
- chayote
- kale
- peas
- winter squash
- onions
- spirulina
- turnips
- liver
- heart
- kidney
- chicken breast
- pork chops
- sirloin steak (lean)
- ground beef (lean)
- chuck steak
- pork
- veal
- ham
- lamb (lean)
- protein powder (whey)
- egg yolk
- whole egg
- crab
- lobster
- caviar
- cod
- fish roe
- oysters
- mussels
- crayfish
- trout
- halibut
- salmon
- anchovy
- pollock
- octopus
- shrimp
- flounder
- mackerel
- sardine
- clam
- sturgeon
- perch
- whiting
- herring
- scallop
- sunflower seeds
- brazil nuts
- almond butter
- almonds
- pumpkin seeds
- hazelnuts
- pine nuts
- sesame butter
- flax seed
- sesame seeds
- tofu
- peanuts
- peanut butter
- cashews
- walnuts
- pecans
- macadamia nuts
- butternuts
- pistachio nuts
- black beans