**optimal foods for weight loss (insulin resistant)**

These foods are ideal for someone wanting to lose weight while also keeping an eye on their blood sugar levels. They emphasise the nutrients that are harder to obtain in large quantities and those associated with weight management (i.e. vitamin D, choline, potassium, calcium magnesium, vitamin E, vitamin B5, zinc, niacin, cysteine and glutamine). At the same time, they also have a lower energy density to make it harder to overeat and a lower insulin load to stabilise blood sugar levels.

### vegetables & fruit
- endive
- chicory greens
- coriander
- escarole
- spinach
- beet greens
- Chinese cabbage
- alfalfa
- parsley
- asparagus
- collards
- lettuce
- turnip greens
- watercress
- mustard greens
- arugula
- chard
- broccoli
- zucchini
- chives
- pickles
- cucumber
- okra
- banana pepper
- portabella mushrooms
- jalapeno peppers
- avocado
- red peppers
- eggplant
- celery
- sauerkraut
- shiitake mushroom
- cauliflower
- radishes
- olives
- summer squash
- blackberries
- chayote
- soybeans (sprouted)
- white mushroom
- seaweed (laver)
- spirulina

### spices
- basil
- paprika
- curry powder
- sage
- caraway seed
- poppy seeds
- marjoram
- dill
- mustard seed
- cloves

### dairy & egg
- egg yolk
- whole egg
- cream
- cheese

### seafood
- caviar
- trout
- salmon
- sturgeon
- fish roe
- anchovy
- cisco
- mackerel
- sardine
- crab
- halibut
- lobster
- herring
- crayfish
- oysters

### offal
- liver
- heart
- kidney

### animal products
- bratwurst
- lamb
- veal loin
- pork
- chicken breast
- ham
- turkey
- sirloin steak
- roast beef
- beef loin
- duck

### nuts, seeds & legumes
- sunflower seeds
- tofu
- flax seed
- almonds
- almond butter
- pumpkin seeds
- sesame seeds
- hazelnuts
- brazil nuts
- peanuts
- pine nuts
- walnuts
- coconut milk
- sesame butter
- pecans