

# Nutrient-Dense Foods



Salmon



Avocados



Fermented foods



Kale and other dark leafy greens



Liver



Sardines



Dark chocolate (70% cocoa or greater)



Blueberries



Eggs



Garlic



Broccoli sprouts



Pumpkin seeds



Chia seeds



Kimchi

# Nutrient-Dense Foods

## Salmon

is a great second choice to sardines. It is rich in iron, potassium, magnesium, phosphorous, zinc, selenium, omega-3 fats, and protein and is one of the few natural food sources of vitamin D (wild salmon is a particularly good source).

## Avocados

are a good source of vitamins C, E, K, and B6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium. They also provide lutein, beta carotene, and omega-3 fatty acids and contain high levels of healthy and beneficial fats.

## Kimchi

a fermented Korean Vegetable mixture, has been shown to decrease levels of cholesterol in the body. It is also packed with nutrients like iron, folate, and vitamins B6 and K. Try mixing it into scrambled eggs or adding it to fried rice.

## Liver

is one of the most nutritionally dense foods on the planet. It contains significant amounts of folate, iron, vitamin B, vitamin A, and copper. Eating a single serving of liver can help you meet your daily recommended amount of all these vitamins and minerals, reducing your risk of nutrient deficiency.

## Sardines

are one of the most affordable nutrient dense foods on the planet – rich in omega-3 fats, B vitamins, protein, and vitamin D. They are also small fish, meaning they are less likely to contain high levels of mercury. If you don't like the taste, try making crab cakes out of mashed sardines to mask the flavor.

## Eggs

are one of the few dietary sources of vitamin D and are a great source of B vitamins and choline for brain health. For so many years we were told that eggs were bad for us because of the cholesterol. We now know from research that dietary cholesterol does not impact blood cholesterol.

## Dark chocolate (70% cocoa or greater)

is a rich source of antioxidants and minerals, and it generally contains less sugar than milk chocolate. Some research suggests that dark chocolate may help lower the risk of heart disease, reduce inflammation and insulin resistance, and improve brain function.

## Kale and other dark leafy greens

supply a significant amount of folate, a B vitamin that promotes heart health and helps prevent certain birth defects. Folate is also necessary for DNA duplication and repair which protects against the development of cancer.

## Garlic

has the ability to fight bacteria, viruses, fungi, and even parasites. One study found that allicin, an active component of freshly crushed garlic, had antiviral properties and was also effective against a broad range of bacteria, including multidrug-resistant strains of E. coli.

## Wild blueberries

contain several micronutrients, including, iron, vitamin C, folic acid, and manganese. They also have a higher anthocyanin content (antioxidant) than regular blueberries.

## Broccoli sprouts

release a phytochemical called sulforaphane which can help heal the gut, reduce inflammation, and could even help fight cancer by enhancing antioxidant activities.

## Chia seeds

are a good source of antioxidants, fiber, omega-3 fatty acids, vitamins, and minerals like calcium, magnesium, potassium, and B-vitamins.

## Pumpkin seeds

contain magnesium, zinc, iron, and protein (¼ cup contains 10 grams of protein, making it a filling snack). More than 70% of Americans are deficient in magnesium – a mineral that is essential for the body to effectively manage stress. Zinc supports the immune system, and it is better to get it from food rather than taking high doses and potentially creating a copper deficiency.

## Fermented foods

help to boost the beneficial bacteria in the gut, which has been shown to improve immune function.