

LIST OF HEALTHY NUTRIENT DENSE FOODS

Beverages

Bottled Water.
Crystal Light
Green Tea

Carbohydrates (complex and simple)

Grains + Grain products

Alfalfa
Barley
Brown Rice
Corn
Cream of Wheat
Gluten Free Bread
Gluten Free Rice
Oat Bran Cereal
Oats
Rolled Oats
Rye
Ryebread
Whole-grain Wheat Bread
Wild Rice

Legumes + Pulses

Beans (Black, Broad, Garbanzo, Green, Kidney, Haricot, Lima, Mung, Pinto, Runner, String)
Green Peas
Lentils
Peanuts

Miscellaneous

Cress
Kale

Veggies

Asparagus
Aubergine
Artichoke Hearts
Avocado
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Cucumber
Fennel bulb
Garlic
Leeks

Lettuce. (Cos, Iceberg, Romaine)
Mushrooms, (Crimini, Shitake)
Mustard greens
Olives
Onions
Parsley
Red Potatoes
Rhubarb (stalks not leaves)
Sea vegetables
Spinach
Squash
Swede
Sweet Potatoes
Swiss chard
Turnip Greens

Condiments & Misc.

Balsamic Vinegar
Chili Paste
Chili Powder
Extracts (vanilla, almond, etc)
Fat Free Mayonnaise
beef or chicken broth
Mustard
Pam Cooking Spray
Soy Sauce
Teriyaki Sauce
Salsa
Steak Sauce
Maple Syrup

Eggs/Dairy

Egg Whites or Eggs
cheese
Cottage Cheese
Skimmed Milk
Plain Greek Yogurt
semi Skimmed milk



Fish

Bass
Catfish
Cod
Haddock
Halibut
Kippers, (smoked)
Mackeral
Pilchards, (drained)

Salmon
Sardines, (drained)
Snapper
Trout
Tuna (water packed)

Fruits

Apples
Bell peppers
Blueberries
Cantaloupe
Grapefruit
Grapes
Gooseberry
Kiwifruit
Lemons
Limes
Melon
Nectarines
Oranges
Papaya
Peaches
Pears
Pineapple
Pink Grapefruit
Pink Guava
Plums
Pomegranate
Raspberries
Strawberries
Tomato, fresh
Watermelon

Healthy Fats

Coconut Oil
Flaxseed and Flaxseed Oil
Fish Oil
Hemp Oil
Natural Style Peanut Butter
Nuts (Almonds, Brazils, Cashews, Chestnuts, Coconuts, Hazelnuts)
Extra virgin Olive Oil
Omega Fatty Acids

Meat And Poultry

Chicken Breast (Boneless, Skinless)
Extra Lean Ground Beef
Pork Loin
Top Round

Top Sirloin
Turkey Breast (Boneless, Skinless)

Natural Sweeteners

Molasses
Honey
Maple Syrup

Spices & Herbs

Basil
Black pepper
Cayenne pepper
Chili Pepper, Red, dried
Cinnamon, ground
Coriander seeds
Cumin seeds
Dill weed, dried
Ginger
Mustard seeds
Nutmeg
Oregano
Peppermint leaves, fresh
Rosemary
Sage
Thyme, ground
Turmeric, ground

Snacks

Beef Jerky (low sugar)
Healthy Choice Popcorn
Protein Bars (low sugar - 10 grams max)
Sugar Free Jelly

X-tras

Whey Protein Powder

Macronutrient Rich foods

Beans
Brown Rice
Lean Oily Fish
Low Fat Cheese
Protein enriched Pasta
Peanuts
Soybeans
Wild Rice