

NUTRIENT DENSE FOODS

A QUICK LOOK AT SOME OF THE FOODS YOU SHOULD VALUE MOST

Omega 3 Fatty Acids	Vitamin B12	Phosphorus	
Wild Caught Salmon Tuna Cod liver oil Pastured Egg Yolks Organ Meats Sardines Oysters Mussels Trout Crab Precursors to Omega 3 Fatty Acids Freshly ground flax seeds Unprocessed flax seed oil Walnuts Butternuts Chia seeds & oil	Mollusks Beef Liver Trout Wild Caught Salmon Beef Yogurt and Whole Milk Pork Eggs Vitamin B6 Tuna, yellowfin Bananas Chicken & Pork & Beef Trout & Wild Caught Salmon Sunflower seeds & Avocado Cashews Avocado & Spinach Cabbage & Potatoes	Salmon Halibut Turkey Beef Chicken Dairy Products such as Yogurt and Cheese Eggs Lentils Almonds Peanuts	
Calcium	Vitamin A (retinol)		
Raw pastured dairy (cheese and milk) Homemade bone broth Sesame seeds Smoked or canned sardines Salmon Oysters Clams Kale and other Dark Green Leafy Vegetables Blackstrap Molasses Almonds Macadamia Nuts Pecans Walnuts Chia Seeds Some Beans	Fermented Cod Liver Oil Pastured Milk (raw) Liver Pastured Cream (raw) Pastured Butter (should be a deep yellow)		
	Vitamin K2	Vitamin D	
	Natto Goose Liver Pate Hard Cheeses Soft Cheeses Egg Yolk Goose Leg Curd Cheese Butter Chicken Liver Salami Chicken Breast & Chicken Leg Ground Beef Bacon Calf Liver Sauerkraut Whole Milk	Fermented Cod liver oil Pastured Lard (must have access to sunlight) Oysters Sardines Mackerel Smoked Chinook Salmon Shrimp Egg Yolk Beef, Chickens, Pork Liver Beef Kidney Clams (moist cooked)	