

NUTRIENT DENSE FOODS

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

<div>Omega 3 Fatty Acids</div> <div>Wild Caught Alaskan Salmon Tuna Cod liver oil Pastured Egg Yolks Organ Meats Sardines Oysters Mussels Trout Crab</div> <div>Precursors to Omega 3 Fatty Acids</div> <div>Freshly ground flax seeds Unprocessed flax seed oil Walnuts Butternuts Chia seeds & oil</div>	<div>Vitamin B12</div> <div>Mollusks Beef Liver Trout Wild Caught Salmon Beef Yogurt and Whole Milk Pork Eggs</div> <div>Vitamin B6</div> <div>Tuna, yellowfin Bananas Chicken & Pork & Beef Trout & Wild Caught Salmon Sunflower seeds & Avocado Cashews Avocado & Spinach Cabbage & Potatoes</div>	<div>Phosphorus</div> <div>Salmon Halibut Turkey Beef Chicken Dairy Products such as Yogurt and Cheese Eggs Lentils Almonds Peanuts</div>
<div>Calcium</div> <div>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</div>	<div>Vitamin A (retinol)</div> <div>Fermented Cod Liver Oil Liver Pastured Butter (should be a deep yellow)</div> <div>Vitamin K2</div> <div>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</div>	<div>Vitamin D</div> <div>Fermented Cod liver oil Pastured Lard (from pigs who spent time in pasture) Oysters Sardines Mackerel Smoked Chinook Salmon Shrimp Egg Yolk Beef, Chickens, Pork Liver Beef Kidney Clams (moist cooked)</div>