

vegan (most nutrient dense)

who people who chose to eat only plant based foods for ethical or religious reasons

how these foods maximise the harder to find nutrients in plant based approach

vegetables

- watercress
- broccoli
- spinach
- spirulina
- turnip greens
- asparagus
- portabella mushrooms
- Chinese cabbage
- white mushroom
- chard
- zucchini
- cauliflower
- parsley
- lettuce
- chives
- endive
- mung beans
- collards
- chicory greens
- okra
- seaweed (wakame)
- beet greens
- soybeans (sprouted)
- shitake mushroom
- alfalfa
- escarole
- summer squash
- brown mushrooms
- edamame
- coriander
- radicchio
- Brussel sprouts
- bamboo shoots
- kale
- celery
- peas
- seaweed (kelp)
- radishes
- cabbage

- snap beans
- onions
- shiitake mushrooms
- arugula
- carrots
- turnips
- sauerkraut
- pickles
- cucumber
- red peppers
- eggplant
- chayote
- jalapeno peppers
- radishes
- cucumber
- pumpkin
- lima beans
- yeast extract spread

spices

- basil
- parsley
- paprika
- cloves
- mustard seed
- curry powder
- caraway seed
- turmeric
- sage
- thyme

fruits

- carambola
- avocado
- rhubarb
- Guava
- jackfruit
- cantaloupe
- apricots
- strawberries
- kiwifruit
- blackberries
- peaches

- grapefruit
- boysenberries
- honeydew melon
- lemon peel
- mango

legumes

- soy protein isolate
- tofu
- soy sauce
- soybeans
- natto
- lupin seeds
- cowpeas
- lima beans
- lentils
- mung beans
- navy beans
- broad beans
- kidney beans
- black beans
- pinto beans

nuts and seeds

- pumpkin seeds
- sunflower seeds
- coconut water
- sesame butter
- brazil nuts
- cashews
- walnuts
- flax seed
- sesame seeds
- pistachio nuts
- almond butter
- almonds
- butternuts
- hazel nuts
- macadamia nuts
- pine nuts
- coconut milk
- coconut meat
- coconut cream