

Blood Sugar & Fat Loss

Nutrient Optimiser Food List (Popular)

This food list is designed for someone who is looking to stabilise their blood sugars and lose body fat while preserving lean muscle mass. This is achieved by prioritising foods that are nutrient-dense while also having a lower insulin load.

Animal

- liver
- whole egg
- egg yolk
- pork steak
- prosciutto
- ground pork (lean)
- sausage (beef)
- sausage
- pork chops
- pork roast
- rib-eye steak (fat eaten)
- sirloin steak (fat eaten)
- breakfast sausage (beef)
- roast beef
- pork cracklings
- lamb roast
- ground beef (85% lean)
- pork ribs
- chicken drumstick
- sirloin steak (fat not eaten)
- chicken thigh
- chicken leg
- Camembert cheese
- filet mignon
- feta
- cheddar cheese
- gouda
- chicken breast (no skin)
- Mozzarella cheese (whole milk)
- chicken breast (with skin)
- Swiss cheese

Seafood

- mackerel
- tuna
- caviar
- salmon
- oyster
- sardines
- cod
- mussels
- shrimp

Plants

- spinach
- nori
- bok choy
- hemp seeds
- coriander/cilantro
- parsley
- kimchi
- pumpkin seeds
- asparagus
- watercress
- endive
- chives
- alfalfa sprouts
- mushrooms
- Swiss chard
- broccoli
- collards
- broccoli sprouts
- lettuce
- sesame seeds
- zucchini

Fats

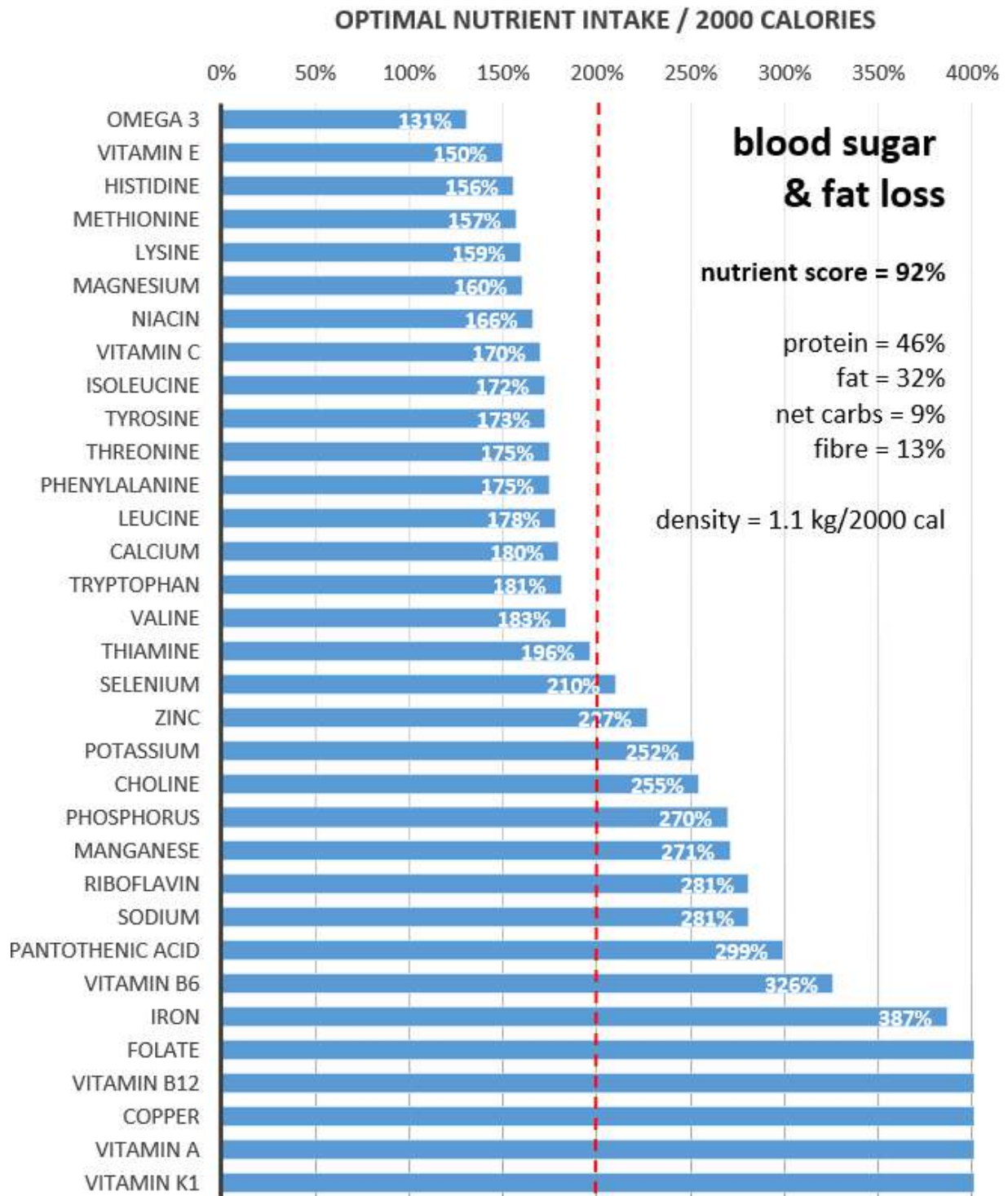
- Brazil nuts
- sunflower seeds
- macadamia nuts
- breakfast sausage (pork)
- butter oil
- fish oil

- flaxseed oil
- bacon
- tahini
- green olives
- stuffed olives
- butter
- filberts/hazelnuts
- crème Fraiche
- pepperoni
- whipping cream
- guacamole
- black olives
- cream cheese
- sour cream
- flaxseeds

Other

- whey protein powder
- mustard
- nutritional yeast
- capers
- curry powder
- 90% chocolate
- collagen peptides
- tea
- chicken broth
- paprika

Nutrient profile



More info

- NutrientOptimiser.com
- OptimisingNutrition.com