

Ten Foods that should be Present in your Diet

If you follow this list you can ditch all of the supplements you are wasting money on, lose and/or maintain a healthy weight, and increase muscle strength and density. It is food humans were meant to eat. Notice how none of the foods here come in packages, wrappers, or processed in any way. There is a lot of other vegetables left out but this can give you a start on changing your diet.

1. **Eggs**- Probably nature's most nutrient dense food you can eat. Eggs are good for you and always have been. They were vilified because of cholesterol but we now know that it does not impact your blood cholesterol. Eggs are loaded with protein, Omega 3 fatty acids, B- vitamins, and energy yielding fat. A perfect food!
2. **Most any kind of Fish**- Fish has been linked to longer life spans and is a protein and omega 3 powerhouse. A great fat source for energy as well. Try to eat at least 3-4 servings of fish/shellfish in a week.
3. **Grass Fed/ Free Range Chicken and Beef**- Another vilified source of fat that is now debunked. Humans were meant to consume meats. It doesn't mean you eat them all day and every day. 4-6 ounces will go a long way. Great sources of vitamins and minerals, protein, and omega 3 and 6 fatty acids.
4. **Kale and Swiss chard** – These leafy vegetables are superfoods to put it bluntly. A ridiculous source of vitamins and minerals. Loaded with “real soluble fiber” unlike whole grains which is better for digestion.
5. **Any Berry** – You will notice the lack of fruits in this list for a reason. SUGAR. Despite the load of sugar, berries are nutrient powerhouses. Loaded with antioxidants of all sorts, soluble fiber, and various vitamins. The amount of nutrients offsets the sugar you are consuming, thus, berries are the best fruits you can consume.
6. **Avocado** – A great source of healthy fat as well as a good carb source. Avocados are the other fruit we don't get enough of. Lower in sugar than other fruit and great for daily energy.
7. **Leafy Greens (spinach, collards, arugula, watercress)** – The lesser of kale/chard but very nutrient dense greens to consume. A full spectrum of nutrients and antioxidants. Perfect for quick salads and/or sautéing. Know this: The darker the green, the better.
8. **Cooking Fats (coconut, avocado, EVOO, lard, ghee)** – These fats have a low smoke point which means less oxidation which causes inflammation in the lining of the blood vessels. Common oils such as vegetable, soy, corn, regular olive oil, cottonseed are low in omega 3's, oxidize quickly, and little to no nutrient power. Those bad oils are a large culprit for heart disease.
9. **Non-grain Carbohydrates (Any squash, sweet potato, beets, and carrots)** – There are many more in this category but these vegetables are a great source for nutrient dense carbohydrates. They are packed with soluble fiber and provide longer lasting/low glycemic energy for workouts and daily living.
10. **The broccoli family (broccoli, broccoli, broccoli rabe)** - Nutrient dense vegetables provide fullness and keep you regular. When grown organically and locally these vegetables are some of the best foods to eat.