

Top 30 Nutrient-Dense Foods¹

Proteins	Vegetables & Fruits	Toppings & Spices
Beef liver	Avocado	Almonds
Chicken liver	Blackberries	Brazil nuts
Cottage cheese	Blueberries	Curcumin
Eggs	Broccoli	Garlic
Lentils	Pumpkin	Ginger
Oats	Raspberries	Macadamia
Oxtail	Shiitake	Paprika
Oyster	Spinach	Raisins
Protein powder	Strawberries	Raw honey
Sockeye salmon	Sweet potato	Walnuts

¹ This list is not exhaustive and based upon some of the most nutrient dense foods available for athletes in the USDA database.

1. Want to discover what diet the Bar Brothers use? [Click here for the Nutrition System.](#)
2. Want to discover which other foods made it to my top 100? [Click here for personalised nutrition advice.](#)