



Dan Go
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8 of the most nutrient dense foods on the planet:





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1. Beef liver

Liver is known as nature's multivitamin.

It's a great source of protein while containing Vitamins C, D, A, D, E & K, zinc, potassium, magnesium, phosphorous, manganese, iron, chromium, & all of the B vitamins.

It's the most nutrient dense food on the planet.





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2. Salmon

Salmon is packed with nutrients & may also reduce certain risk factors for several diseases.

It's high in Omega 3 fatty acids, B vitamins, potassium & selenium while being rich in protein.

It also contains astaxanthin, which has been shown to reduce inflammation.





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3. Eggs

Eggs are one of the healthiest foods on the planet.

They contain vitamin D, choline, lutein, zeaxanthin, omega-3, vitamin b12, iron, vitamin b2+b5, vitamin A, vitamin E, phosphorus, folate, selenium, iodine, & HDL cholesterol while being a great source of protein.





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4. Leafy greens

In particular we're talking about kale, spinach, watercress & arugala.

Leafy greens are loaded with vitamins, minerals, fiber, antioxidants, vitamin C +A + K, while containing calcium, magnesium & manganese.

Greens contain the most nutrients per calorie.





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5. Steak

In one piece of steak, you get B vitamins, zinc, selenium, iron, niacin, phosphorus, creatine, taurine, glutathione & conjugated linoleic acid.

Not only does it pack a ton of great nutrients it's also a great source of protein to help you build muscle.





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6. Garlic

Garlic is one of the best ingredients to boost your health & immune function.

It's high in vitamins C, B1, & B6, as well as calcium, potassium, copper, manganese, and selenium.

It also contains allicin, which has been shown to have cancer fighting properties.





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7. Blueberries

A handful of blueberries are high in fiber, vitamin C, vitamin K, manganese & potassium.

They are also loaded with antioxidants including anthocyanins & other plant compounds, some of which have been shown to have protective effects on your brain.





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8. Seaweed

Seaweed is known as the vegetable of the sea & is an easy way to add extra vitamins & minerals to your diet.

It's high in antioxidants & contain folate, riboflavin, thiamin, copper, iron, iodine & magnesium.





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The most nutrient dense foods on the planet:

1. Liver
2. Salmon
3. Eggs
4. Leafy greens
5. Steak
6. Garlic
7. Blueberries
8. Seaweed

Nutrients play a huge role for your mind and body. For optimal health aim to eat a diet with as many nutrient dense foods as possible.



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