



# THE ULTIMATE NUTRITION GUIDE

100 HIGH NUTRIENT-  
DENSE FOODS

+ 50 SUPERFOOD  
SEASONINGS

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# The Ultimate Guide to 100 High Nutrient-Dense Foods

## Introduction

Optimal health begins with nutrient-dense foods that fuel the body with essential vitamins, minerals, antioxidants, and phytonutrients. This guide highlights 100 powerhouse foods to kill cancer stem cells, support vitality, longevity, and disease prevention, offering a concise overview of their benefits.

### 1. Bee Pollen

Rich in vitamins, minerals, and antioxidants, bee pollen boosts energy and supports immunity. Use as a smoothie topper or in small doses due to potential allergens.

### 2. Artichoke

High in fiber and antioxidants, artichokes promote liver health and digestion. Steam or roast for a delicious, heart-healthy side dish.

### 3. Asparagus

Packed with folate and fiber, asparagus supports gut health and detoxification. Grill or sauté for a nutrient-rich vegetable.

### 4. Avocado

Loaded with healthy fats and potassium, avocados enhance heart and skin health. Add to salads or spread on whole-grain toast.

### 5. Beans - Garbanzo, Black

High in protein and fiber, these beans stabilize blood sugar and support digestion. Use in soups, salads, or hummus.

### 6. Beans - Navy, Kidney

Rich in iron and magnesium, these beans promote energy and heart health. Incorporate into stews or casseroles.



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### 7. Beans - Pinto

A great source of folate and fiber, pinto beans aid digestion and heart function. Perfect for burritos or chili.

### 8. Beets

Beets contain nitrates and betalains, supporting blood pressure and detoxification. Roast or juice for vibrant health benefits.

### 9. Broccoli

Rich in vitamin C and sulforaphane, broccoli fights inflammation and cancer risk. Steam or stir-fry to retain nutrients.

### 10. Butternut Squash

High in vitamin A and fiber, butternut squash supports vision and immunity. Roast or blend into soups.

### 11. Carrots

Packed with beta-carotene, carrots promote eye health and immunity. Eat raw or cooked for maximum benefits.

### 12. Cauliflower

Low-calorie and rich in vitamin C, cauliflower supports detoxification and brain health. Roast or mash as a versatile side.

### 13. Cayenne

Capsaicin in cayenne boosts metabolism and reduces inflammation. Sprinkle sparingly in dishes for a spicy kick.



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### 14. Chia Seeds

High in omega-3s and fiber, chia seeds support heart and digestive health. Add to smoothies or make pudding.

### 15. Chickpeas

Rich in protein and iron, chickpeas promote muscle health and energy. Roast or blend into hummus.

### 16. Cinnamon

Cinnamon stabilizes blood sugar and has anti-inflammatory properties. Add to oatmeal or baked goods.

### 17. Dairy - Grassfed Butter

Rich in vitamin K2 and CLA, grassfed butter supports heart and bone health.

Use sparingly for cooking or spreads.

### 18. Dairy - Grassfed Cheese

High in calcium and protein, grassfed cheese supports bones and muscles. Enjoy in moderation for flavor and nutrition.

### 19. Dairy - Grassfed Yogurt

Probiotics in grassfed yogurt promote gut health and immunity. Choose plain, unsweetened varieties for best results.

### 20. Dark Chocolate

Rich in flavonoids, dark chocolate supports heart health and mood. Opt for 70%+ cocoa in small portions.



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### 21. Eggplant

High in fiber and antioxidants, eggplant supports heart and digestive health. Grill or roast for a hearty dish.

### 22. Eggs

Packed with protein and choline, eggs support brain and muscle health. Boil or scramble for a nutrient-dense meal.

### 23. Fish - Salmon, Halibut, Trout

Rich in omega-3s, these fish promote heart and brain health. Bake or grill for optimal flavor and benefits.

### 24. Fish - Sole, Sardine, Haddock

High in protein and low in mercury, these fish support overall health. Pan-sear or bake for a light meal.

### 25. Fish Oil

A concentrated source of omega-3s, fish oil reduces inflammation and supports heart health. Take as a supplement or in liquid form.

### 26. Flaxseed

Rich in lignans and omega-3s, flaxseed promotes heart and hormonal health. Grind and add to smoothies or baked goods.

### 27. Fruits - Apple, Orange

High in fiber and vitamin C, these fruits boost immunity and digestion. Eat fresh or blend into smoothies.



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### 28. Fruits - Apricot, Grapefruit

Packed with vitamins A and C, these fruits support skin and immune health. Enjoy fresh or dried in moderation.

### 29. Fruits - Berries, Fig, Cherries

Antioxidant-rich, these fruits reduce inflammation and protect cells. Add to yogurt or eat fresh.

### 30. Fruits - Cantaloupe, Pear

High in vitamins and water, these fruits hydrate and support digestion. Slice for a refreshing snack.

### 31. Fruits - Pomegranate

Loaded with antioxidants, pomegranates support heart and prostate health. Eat seeds or drink unsweetened juice.

### 32. Garlic

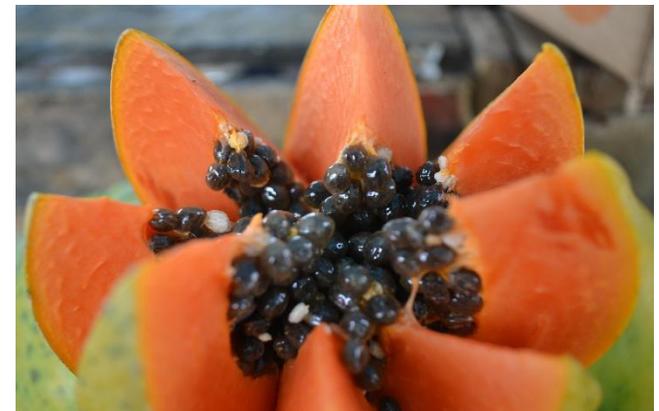
Contains allicin, which boosts immunity and reduces inflammation. Add raw or cooked to savory dishes.

### 33. Ginger

Anti-inflammatory and digestive aid, ginger soothes nausea and pain. Use fresh in teas or stir-fries.

### 34. Grains - Buckwheat, Spelt

Gluten-free and nutrient-dense, these grains support energy and digestion. Use in porridge or baking.



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### 35. Grains - Millet, Rye, Amaranth

Rich in fiber and minerals, these grains promote heart and gut health.  
Cook as a side or in salads.

### 36. Grains - Oats, Rice, Quinoa

High in fiber and protein, these grains stabilize energy and support digestion.  
Use in breakfast bowls or pilafs.

### 37. Greek Yogurt

Packed with probiotics and protein, Greek yogurt supports gut and muscle health.  
Choose plain and add fruit for flavor.

### 38. Green Leafy Vegetables

Rich in vitamins A, C, and K, leafy greens boost immunity and bone health.  
Eat raw in salads or lightly cooked.

### 39. Hummus

Made from chickpeas, hummus is high in protein and fiber for satiety.  
Use as a dip or spread.

### 40. Kale

A superfood rich in vitamins and antioxidants, kale supports detoxification and heart health. Massage for salads or blend into smoothies.

### 41. Kelp

High in iodine, kelp supports thyroid function and metabolism.  
Add to soups or use as a seasoning.



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### 42. Lecithin

Rich in choline, lecithin supports brain and liver health.  
Add to smoothies or baked goods.

### 43. Lentils

High in protein and iron, lentils promote energy and heart health.  
Use in soups or as a meat substitute.

### 44. Meat - Grassfed Beef, Chicken

Rich in protein and B vitamins, these meats support muscle and energy.  
Choose lean cuts and grill or bake.

### 45. Meat - Grassfed Deer, Goat

Lean and nutrient-dense, these meats provide iron and protein.  
Slow-cook for tenderness and flavor.

### 46. Meat - Grassfed Lamb, Turkey

High in zinc and protein, these meats boost immunity and muscle health.  
Roast or grill for best results.

### 47. Mushrooms

Rich in selenium and vitamin D, mushrooms support immunity and energy.  
Sauté or add to soups.

### 48. Mustard

Contains antioxidants and anti-inflammatory compounds for overall health.  
Use as a condiment or in dressings.



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### 49. Nuts - Almond, Walnuts

Packed with healthy fats and vitamin E, these nuts support heart and brain health. Eat raw or lightly roasted.

### 50. Nuts - Macadamia, Pecan

High in monounsaturated fats, these nuts promote heart health and satiety. Enjoy in moderation due to calorie density.

### 51. Olive Oil

Rich in healthy fats and antioxidants, olive oil supports heart health. Use cold in dressings or for low-heat cooking.

### 52. Onions

High in quercetin, onions boost immunity and reduce inflammation. Add raw or cooked to dishes.

### 53. Oysters

Loaded with zinc and omega-3s, oysters support immunity and reproductive health. Eat fresh or lightly cooked.

### 54. Peanut Butter

Rich in protein and healthy fats, peanut butter supports energy and satiety. Choose unsweetened, natural varieties.

### 55. Peas

High in fiber and vitamin K, peas promote digestion and bone health. Add to stir-fries or soups.



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### 56. Peppers

Packed with vitamin C and antioxidants, peppers support immunity and skin health. Eat raw or roasted for flavor.

### 57. Pumpkin

Rich in vitamin A and fiber, pumpkin supports vision and digestion. Roast or puree for soups and desserts.

### 58. Pumpkin Seeds

High in magnesium and zinc, pumpkin seeds boost heart and immune health. Roast for a crunchy snack.

### 59. Seaweed

Rich in iodine and minerals, seaweed supports thyroid and metabolic health. Add to salads or sushi.

### 60. Spices - Cinnamon, Mustard

These spices offer anti-inflammatory and blood sugar-regulating benefits. Use to flavor dishes naturally.

### 61. Spices - Ginger, Cayenne

Anti-inflammatory and metabolism-boosting, these spices enhance health and flavor. Add to teas or savory dishes.

### 62. Spices - Turmeric, Pepper

Turmeric's curcumin, enhanced by pepper, reduces inflammation and supports brain health. Use in curries or golden milk.



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### 63. Spinach

Loaded with iron and vitamin K, spinach supports energy and bone health.  
Eat raw or lightly steamed.

### 64. Spirulina

A nutrient-dense algae, spirulina boosts energy and immunity with protein and antioxidants.  
Add to smoothies or juices.

### 65. Sprouts

High in enzymes and vitamins, sprouts support digestion and cellular health.  
Add to salads or sandwiches.

### 66. Sweet Potato

Rich in beta-carotene and fiber, sweet potatoes promote vision and gut health.  
Bake or mash for a nutrient-packed side.

### 67. Tofu

High in protein and calcium, tofu supports muscle and bone health.  
Grill or stir-fry for versatility.

### 68. Tomato

Rich in lycopene, tomatoes support heart and prostate health.  
Eat fresh or cooked in sauces.

### 69. Watercress

Packed with vitamins C and K, watercress boosts immunity and bone health.  
Add to salads or soups.



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### 70. Watermelon

High in water and lycopene, watermelon hydrates and supports heart health. Enjoy fresh as a refreshing snack.

### 71. Wheat Germ

Rich in vitamin E and fiber, wheat germ supports heart and digestive health. Sprinkle on yogurt or cereal.

### 72. Yams

High in fiber and potassium, yams promote heart and digestive health. Bake or mash for a sweet side.

### 73. Zucchini

Low-calorie and rich in vitamin C, zucchini supports hydration and immunity. Spiralize or grill for versatility.

### 74. Almond Milk

A nutrient-rich dairy alternative, almond milk provides vitamin E and calcium. Use in smoothies or cereal.

### 75. Arugula

Peppery and rich in nitrates, arugula supports blood flow and immunity. Add to salads or sandwiches.

### 76. Barley

High in fiber and selenium, barley promotes heart and digestive health. Use in soups or as a side grain.



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### 77. Brussels Sprouts

Rich in vitamin K and antioxidants, Brussels sprouts support bone and immune health.

Roast for a crispy, flavorful dish.

### 78. Cabbage

High in fiber and vitamin C, cabbage aids digestion and immunity.

Ferment or shred for salads.

### 79. Celery

Low-calorie and hydrating, celery provides fiber and supports digestion.

Eat raw or add to soups.

### 80. Chard

Rich in vitamins A and K, chard promotes vision and bone health.

Sauté or add to smoothies.

### 81. Coconut Oil

Contains medium-chain triglycerides, supporting energy and brain health.

Use for cooking or in smoothies.

### 82. Collard Greens

High in calcium and vitamin K, collards support bone and heart health.

Steam or braise for tenderness.

### 83. Cranberries

Rich in antioxidants, cranberries support urinary and heart health.

Eat dried or in unsweetened juice.



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### 84. Dates

High in potassium and fiber, dates provide natural energy and support digestion. Eat as a sweet snack or in desserts.

### 85. Edamame

Packed with protein and fiber, edamame supports muscle and digestive health. Steam and lightly salt for a snack.

### 86. Fennel

Rich in fiber and vitamin C, fennel aids digestion and reduces inflammation. Slice raw or roast for flavor.

### 87. Green Beans

High in fiber and vitamin K, green beans support digestion and bone health. Steam or stir-fry for crunch.

### 88. Hemp Seeds

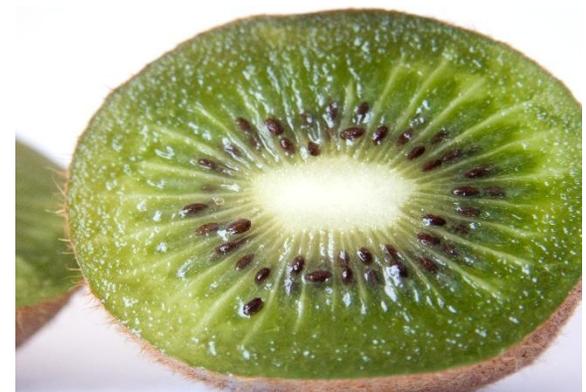
Rich in omega-3s and protein, hemp seeds promote heart and muscle health. Sprinkle on salads or smoothies.

### 89. Jerusalem Artichoke

High in inulin, Jerusalem artichokes support gut health and blood sugar control. Roast or puree for soups.

### 90. Kiwi

Loaded with vitamin C and fiber, kiwi boosts immunity and digestion. Eat fresh or add to fruit salads.



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### 91. Leeks

Rich in vitamin K and antioxidants, leeks support heart and immune health. Add to soups or sautés.

### 92. Mango

High in vitamins C and A, mango supports immunity and skin health. Enjoy fresh or in smoothies.

### 93. Okra

Rich in fiber and vitamin C, okra promotes digestion and heart health. Grill or stew for best flavor.

### 94. Papaya

Packed with vitamin C and enzymes, papaya aids digestion and immunity. Eat fresh or blend into smoothies.

### 95. Parsnips

High in fiber and vitamin C, parsnips support digestion and immunity. Roast for a sweet, nutty flavor.

### 96. Pineapple

Rich in vitamin C and bromelain, pineapple supports immunity and digestion. Eat fresh or grill for sweetness.

### 97. Quince

High in fiber and antioxidants, quince supports digestion and heart health. Cook or bake for best flavor.



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### 98. Radishes

Low-calorie and rich in vitamin C, radishes aid digestion and immunity.  
Eat raw or pickle for crunch.

### 99. Sunflower Seeds

High in vitamin E and selenium, sunflower seeds support heart and immune health.  
Roast or sprinkle on salads.

### 100. Turnips

Rich in fiber and vitamin C, turnips promote digestion and immunity.  
Roast or mash for a hearty side.



## Conclusion

Incorporating these 100 nutrient-dense foods into your diet can transform your health by providing essential nutrients for energy, immunity, and longevity. Start small, experiment with preparation methods, and enjoy the journey to vibrant well-being.

*Next 2 pages are excerpts from The Wisdom and Healing Power of Whole Foods by Dr. Patrick Quillin, PhD, RD, CNS. They can be printed for easy reference.*

# HIGH NUTRIENT DENSE FOODS

## 100 Foods High in Nutrient Density

Rich in vitamins, minerals, fiber, health fats per 100 kcal  
& glycemic index = how quickly that food raises blood glucose  
& anti-cancer properties

Bee Pollen  
Artichoke  
Asparagus  
Avocado  
Beans - garbanzo, black  
Beans - navy, kidney  
Beans - pinto  
Beets  
Broccoli  
Butternut squash  
Carrots  
Cauliflower  
Cayenne  
Chia seeds  
Chickpeas  
Cinnamon  
Dairy - grassfed butter  
Dairy - grassfed cheese  
Dairy - grassfed yogurt  
Dark chocolate  
Eggplant  
Eggs  
Fish - salmon, halibut, trout,  
Fish - sole, sardine, haddock

Fish oil  
Flaxseed  
Fruits - apple, orange  
Fruits - apricot, Grapefruit  
Fruits - berries, fig, cherries  
Fruits - cantaloupe, pear  
Fruits - pomegranate  
Garlic  
Ginger  
Grains - buckwheat, spelt  
Grains - millet, rye, amaranth  
Grains - oats, rice, quinoa  
Greek yogurt  
Green leafy vegetables  
Hummus  
Kale  
Kelp  
Lecithin  
Lentils  
Meat - grassfed beef, chicken  
Meat - grassfed deer, goat  
Meat - grassfed lamb, turkey  
Mushrooms  
Mustard

Nuts - almond, walnuts  
Nuts - macadamia, pecan  
Olive Oil  
Onions  
Oysters  
Peanut butter  
Peas  
Peppers  
Pumpkin  
Pumpkin seeds  
Seaweed  
Spices - cinnamon, mustard  
Spices - ginger, cayenne  
Spices - turmeric, pepper  
Spinach  
Spirulina  
Sprouts  
Sweet potato  
Tofu  
Tomato  
Watercress  
Watermelon  
Wheat Germ  
Yams  
Zucchini



# HEALTHIER SEASONINGS

## SUGAR

pureed fruit  
xylitol,  
honey,  
fructose,  
stevia,  
fruit juice,  
apple  
sauce,  
glycine

## FAT

oil of olive,  
canola,  
flax, wheat  
germ,  
avocado,  
coconut,  
rice bran,  
sesame,  
butter from  
dairy,  
almond &  
cashew,  
medium  
chain  
triglycerides,  
Pam

## SALT

Morton  
Lite Salt,  
Salt Subst  
(KCl),  
Celtic Salt,  
Lawry's,  
lemon  
juice,  
vinegar,  
kelp  
powder,  
miso,  
Spike,  
Mrs.Dash,  
Cajun salt,  
soy sauce

## SEASONINGS (use liberally)

cinnamon, garlic, onion, cayenne,  
chili, paprika, salsa, rosemary,  
tarragon, thyme, sage, pumpkin  
pie spice, teriyaki, Gaylord's veg-  
etable broth, allspice, bay leaves,  
caraway seeds, cardamom, celery  
seed, chives, cloves, oregano,  
mustard, dill, nutmeg, curry,  
almond, vanilla, Tabasco, Worces-  
tershire, chocolate, ginger, carob,  
peppermint, spearmint, fennel,  
basil, hickory, liquid smoke, celery  
seed, cumin

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