

10 Nutrient-Dense Energy-Boosting Foods:

1. PARSLEY

- high in iron, which is needed by your body to products energy and transport oxygen around your body
- high in vitamin C, which boosts your immune system and also helps boost the absorption of iron
- incredibly high in vitamin K, which is part of healthy bone structure, prevents blood clots, and keeps your nails strong
- high in vitamin A, which keeps your eyes functioning, maintains your immune system, and has a skin-clearing effect for acne, eczema and psoriasis

2. CHIA SEEDS

- one of the best sources of omega-3 fatty acids
- has a mix of both soluble and insoluble fiber to maintain healthy gut functions
- high in calcium, which help maintain strong bones, minimizes muscle cramps, and aids in sleeping

3. QUINOA, AMARANTH, OR TEFF

- high in protein, as a good alternative to beans if you get a lot of gas
- higher level of quercetin and kaempferol than other foods – both compounds that help limit our inflammatory response to allergens
- also source of manganese (bone, skin, blood sugar), magnesium, folate (brain, cardiovascular, pregnancy), zinc (immune, skin, male reproduction), vit E compounds (anti-inflammatory)

4. BUCKWHEAT

- rutin which can prevent blood clots, thyroid, memory loss, slow osteoarthritis, varicose veins
- B vitamins for energy, fat metabolism
- antioxidants fight free radicals – aging, cancer, etc
- compound called D-chiro-inositol helps blood sugar balance

5. BLUEBERRIES

- incredibly rich source of antioxidants, which counter cell damage, and the ones found in blueberries are particularly helpful to maintaining your memory.
- low glycemic (40-50 with under 50 being low) and shown in studies to improve blood sugar regulation
- high in manganese, which helps maintain bone and skin health

*go organic or wild for super dose of antioxidants

6. SQUASH

- vitamin A, including ALL carotenoids – alpha, beta, lutein, zeaxanthin, and beta-cryptoxanthin – good for eyes, skin, immune
- starch comes from polysaccharides which include special compounds called homogalacturonan (antioxidant, anti-inflammatory, anti-diabetic and insulin-regulating properties)

7. AVOCADOS

- vitamin A (eyes, skin, immune)
- healthy fats (help absorption of vit A, D, E, minerals)
- potassium (blood pressure balance)
- monounsaturated fats (study showed lower risk of heart disease, improve blood levels of LDL, and lower levels of oxidative stress in the bloodstream)
- B vitamins (energy, fat metabolism)
- vitamin K (bones, blood clots, nails)

8. CHICKPEAS

- high in manganese (bone, skin, blood sugar), folate (brain, cardiovascular, pregnancy), iron (energy, oxygen transport, menstruation), zinc (immune, skin, male reproduction)
- complex carbohydrates for energy, as well as a plant-based protein source, which helps not only muscles, but digestion, hormones, neurotransmitters, genes, blood pressure, energy, and detoxification
- has a specific type of fiber that results in better blood fat regulation, lower levels of LDL-cholesterol, total cholesterol, and triglycerides, blood sugar and insulin secretion, and is metabolized by bacteria in the colon to produce compounds that act as fuel to the cells that line your intestinal wall to help lower your risk of colon problems and colon cancer)

9. BRAZIL NUTS OR SUNFLOWER SEEDS

- high in zinc, which helps boost immune system functions
- selenium, which maintains your immune system, detoxifies your liver, supports thyroid function, prevents certain types of cancer, and maintains healthy hair, skin, and nails
- high in vitamin E, which acts as a free radical in helping to protect your cardiovascular system

10. GINGER

- aids in digestion, boosts metabolism, has anti-inflammatory effects, immune boosting
- Gingerols may inhibit growth of colorectal cancer cells and induce cell death in ovarian cancer cells