



SUPERFOODS

NUTRISHIFT NUTRIENT DENSE FOOD LIST

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WELCOME!

If you're trying to lose weight, gain more energy, improve your digestion, support your fitness goals with nutrition or you just want to eat healthy and do right by our body; you're in the right spot.

Eating starts from your mind and the way you eat directs the way your body uses food. The composition of your meals determines your result; increased energy, immune support, increase in muscle mass or loss of stubborn fat. Either way, use food to your advantage and never let it rule you.

Here is a list of nutrient dense foods to get you started in your journey to eating mindfully. Use it as a guide to help you create delicious meals with the right proportion of proteins, fats and carbohydrates.

Ok, let's go!

Kike Oduba MD, MPH

Your Medication-free Health Expert

PROTEINS

TO BE EATEN WITH EACH MEAL

PORTION SIZE:

- Women: 1 serving (size of palm)
- Men: 2 servings (size of two palms)

Lean meats (grass-fed preferred)

- Ground beef,
- Chicken
- Turkey,
- Bison,
- Venison

Fish

- Salmon (wild caught preferred)
- Tuna
- Cod

Dairy

- cottage cheese
- Greek yogurt
- Eggs omega-3 and cage free preferred)

Legumes

- Beans
- peas
- tofu
- tempeh

Protein supplements

- Milk-based: whey, casein, milk protein blends
- Plant-based: pea, hemp, rice, soy

FATS

PORTION SIZE

- Women: 1 serving (size of a thumb)
- Men: 2 servings (size of two thumbs)

☐ Mono-unsaturated fats

- Macadamias
- Pecans
- Almonds
- Cashews
- Pistachios
- Tahini
- Pumpkin seeds
- Hazelnuts
- Olives
- Olive oil
- Avocado

☐ Saturated Fats

- Animal fats (in eggs, dairy, meats, butter, cheeses, etc.)
- Coconut oil
- Palm oil

☐ Polyunsaturated Fat

- Algae oils
- Safflower oil
- Sunflower seeds
- Peanuts
- Canola oil
- Soy nuts
- Walnuts
- Flax seeds
- Flax oil
- Chia seeds
- Brazil nuts
- Fish oil
- Hemp seeds

CARBOHYDRATES

CAN BE EATEN ANYTIME WITH MEALS

PORTION SIZE:

- Women: 1 serving (size of fist)
- Men: 2 servings (size of two fists)

☐ Fiber-rich vegetables

- Broccoli
- Kale
- Spinach
- Carrots
- Tomatoes
- Celery
- Cucumber
- Zucchini
- Beets
- Bok choy
- Lettuce
- Collards
- Radish
- Onion
- Chard
- Watercress, etc.)
- Peas
- Beans
- Most fruits

☐ Whole starchy foods

- Sprouted or whole grain breads
- Pastas
- Corn
- Yams
- Sweet potatoes
- Pumpkin
- Quinoa
- Long grain brown rice

❑ Fruits

- Lemon
- Strawberries
- Orange
- Lime
- Grapefruit (pink and red)
- Blackberries
- Grapefruit (white)
- Mixed berries

WORK WITH ME

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Functional Medicine and Wellness Coaching