

A GUIDE TO LOCAL RESOURCES

# NUTRIENT- DENSE FOOD LIST



Your Guide to Traditional,  
Wholesome Foods







# *Raw* DAIRY

RAW,  
UNPASTEURIZED  
DAIRY PRODUCTS  
ARE RICH IN  
BENEFICIAL  
ENZYMES,  
PROBIOTICS,  
VITAMINS, AND  
MINERALS THAT  
SUPPORT DIGESTION  
AND IMMUNE  
HEALTH.

**Examples: Raw milk,  
raw butter, raw  
cheese, kefir, and  
yogurt.**



**Why it's nutrient-dense:** Raw dairy is loaded with fat-soluble vitamins A, D, and K2, which are essential for bone health, immunity, and overall vitality. It also contains beneficial bacteria that promote gut health.

**Sourcing Tips:** Look for raw dairy at local farms, farmers' markets, or health food co-ops. Some farms offer herd-share programs, where you "own" part of a cow or goat to legally access raw milk. Websites like Real Milk Finder can help you locate raw dairy in your area.






GRASS-FED AND PASTURE-RAISED MEATS ARE HIGHER IN  
HEALTHY FATS AND ESSENTIAL NUTRIENTS COMPARED TO  
CONVENTIONALLY RAISED, GRAIN-FED ANIMALS.

# GRASSFED MEATS

BEEF, LAMB, PORK, BISON, VENISON,  
AND ORGAN MEATS (LIVER, HEART,  
KIDNEY).

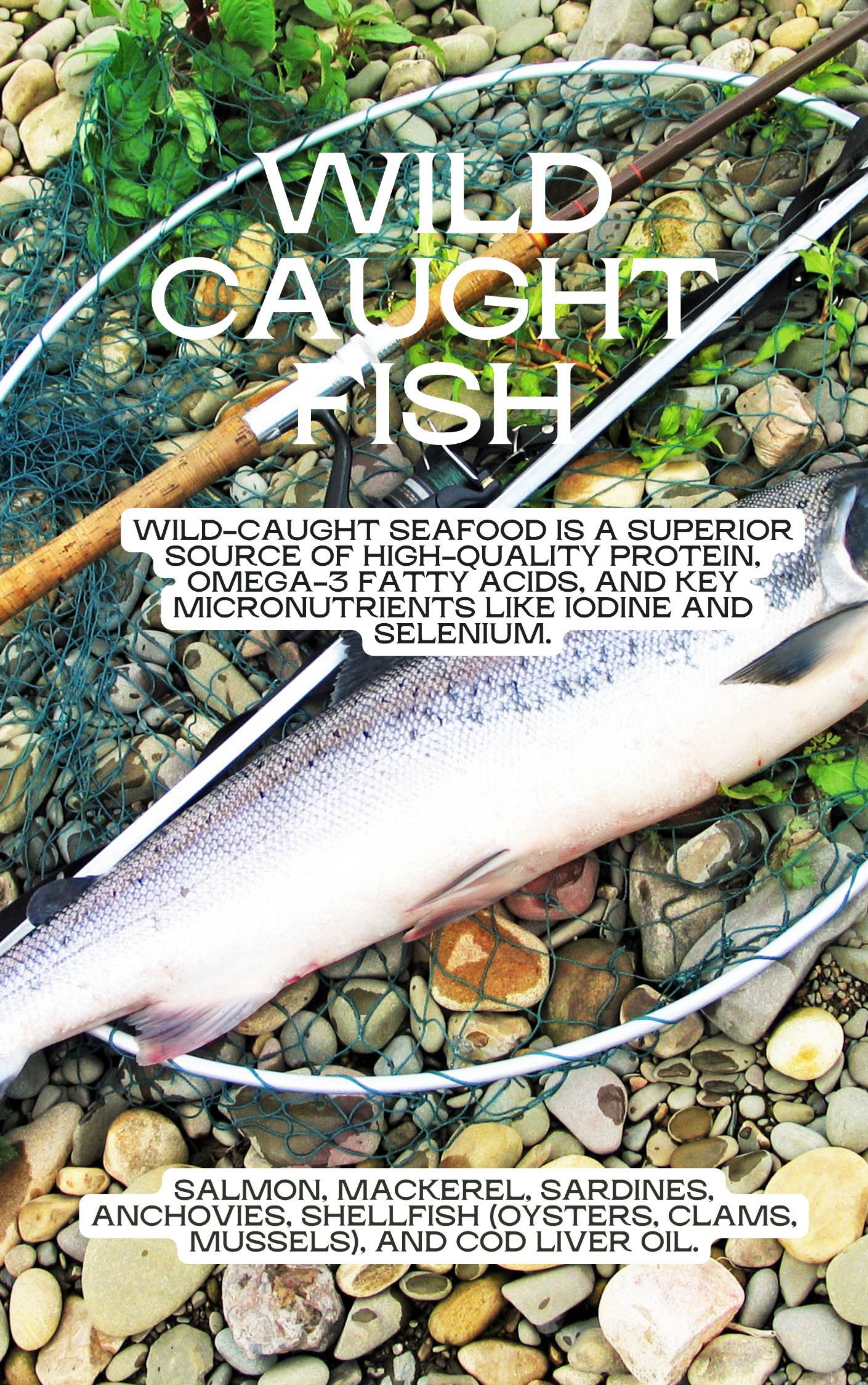




**Why it's nutrient-dense:** Grass-fed meats are rich in omega-3 fatty acids, conjugated linoleic acid (CLA), and higher levels of antioxidants like vitamin E. Organ meats, in particular, are packed with essential nutrients like iron, zinc, and B vitamins.

**Sourcing Tips:** Visit local farms, butchers, or farmers' markets for grass-fed and pasture-raised options. Ideally, the goal is





# WILD CAUGHT FISH

WILD-CAUGHT SEAFOOD IS A SUPERIOR SOURCE OF HIGH-QUALITY PROTEIN, OMEGA-3 FATTY ACIDS, AND KEY MICRONUTRIENTS LIKE IODINE AND SELENIUM.

SALMON, MACKEREL, SARDINES, ANCHOVIES, SHELLFISH (OYSTERS, CLAMS, MUSSELS), AND COD LIVER OIL.



**Why it's nutrient-dense:** Wild-caught fish is an excellent source of omega-3s, which support brain health, reduce inflammation, and improve heart function. Oysters and shellfish are particularly high in zinc and other essential minerals.

**Sourcing Tips:** Look for sustainable, wild-caught options at grocery stores, fish markets, or online retailers. Use apps like Seafood Watch to help guide your choices for sustainably sourced fish.







**FERMENTED  
VEGETABLES ARE  
LOADED WITH  
PROBIOTICS AND  
ENZYMES THAT  
PROMOTE GUT  
HEALTH AND  
ENHANCE NUTRIENT  
ABSORPTION.**





**Why it's nutrient-dense:** Fermented vegetables are alive with beneficial bacteria, which help balance your gut microbiome and improve digestion. The fermentation process also increases the bioavailability of nutrients, making them easier to absorb.

**Sourcing Tips:** You can make your own fermented vegetables at home with minimal equipment (just salt, water, and a jar). If buying, look for raw, unpasteurized fermented vegetables in the refrigerated section of health food stores or at farmers' markets. Brands like Farmhouse Culture and Bubbies offer high-quality fermented foods but ideally, it's best to make your own- and it's less expensive, too.



*by Olivia Wilson*



# HEALTHY

GRASS-FED BUTTER, GHEE, TALLOW, LARD,  
COCONUT OIL, EXTRA VIRGIN OLIVE OIL.

# FATS





## BEEF TALLOW



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**Why it's nutrient-dense:** These natural, unprocessed fats are loaded with fat-soluble vitamins (A, D, E, K) and provide a stable energy source. Grass-fed butter and ghee, for example, contain conjugated linoleic acid (CLA) and butyrate, both of which have anti-inflammatory properties.

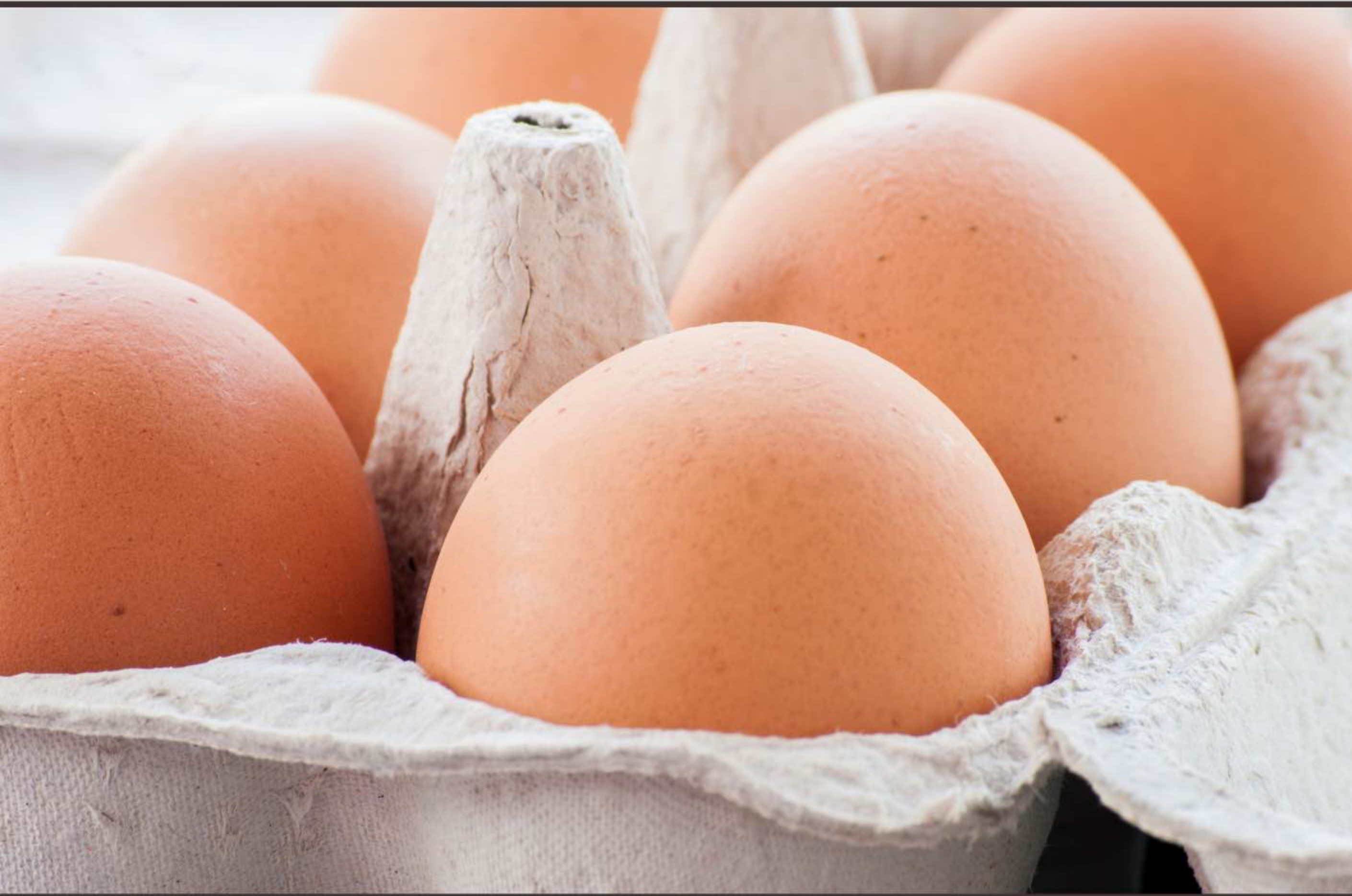
**Sourcing Tips:** Look for grass-fed butter and ghee from local farms or health food stores. For tallow and lard, you can either purchase from quality sources like Fatworks or render your own from pasture-raised animals. For olive oil, choose extra virgin varieties sourced directly from small farms, ensuring freshness and authenticity.

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Traditional fats provide essential fatty acids that are critical for brain health, energy, and the absorption of fat-soluble vitamins.



# PASTURED EGGS



**EGGS FROM PASTURE-RAISED CHICKENS ARE A POWERHOUSE OF NUTRIENTS, PROVIDING HIGH-QUALITY PROTEIN, HEALTHY FATS, AND ESSENTIAL VITAMINS AND MINERALS.**





**Why they're nutrient-dense:** Pastured eggs are rich in choline, which is crucial for brain health, and contain more omega-3s and vitamins A and E than conventionally raised eggs. The yolk is especially rich in fat-soluble vitamins and antioxidants.

**Sourcing Tips:** Find pastured eggs at local farms, farmers' markets. I wish I could tell you that pastured chicken eggs from the store are legit, but unfortunately, I am not certain you're getting what you pay for. Trust your friends, farmers and local farmers markets.





# BONE BROTH

HOMEMADE BONE  
BROTHS ARE  
NUTRIENT-DENSE  
LIQUIDS FULL OF  
COLLAGEN, GELATIN,  
AND MINERALS THAT  
SUPPORT GUT, JOINT,  
AND SKIN HEALTH.





**Why it's nutrient-dense:** Bone broth contains amino acids like glycine and proline, which help repair tissues and improve digestion. The minerals (calcium, magnesium, phosphorus) found in bone broth support bone and joint health.

**Sourcing Tips:** Make your own bone broth at home using bones from grass-fed or pasture-raised animals (you can often get these from local farmers or butchers). You can also find pre-made bone broths from reputable brands like Kettle & Fire or Bonafide Provisions.





L e g u m e s

( S o a k e d a n d  
S p r o u t e d )

When properly soaked or sprouted,  
legumes become much easier to digest  
and their nutrient content increases  
significantly.



## **Why they're nutrient-dense:**

Soaking and sprouting legumes reduce anti-nutrients like phytic acid and improve the bioavailability of essential nutrients like iron, zinc, and magnesium.

**Sourcing Tips:** Buy organic dried beans and legumes and prepare them at home by soaking overnight and cooking thoroughly. For sprouted options, look for brands like TruRoots or Eden Foods that offer pre-sprouted varieties.





*(offal)*

# ORGAN

MEATS

ORGAN MEATS ARE AMONG THE MOST  
NUTRIENT-DENSE FOODS ON THE PLANET,  
PROVIDING A RICH SOURCE OF VITAMINS  
AND MINERALS OFTEN LACKING IN  
MODERN DIETS.



**Examples:** Liver, heart, kidney, tongue, and bone marrow.

**Why they're nutrient-dense:** Organ meats are packed with vitamins like A, D, and B12, as well as essential minerals such as iron and zinc. Liver, in particular, is considered a superfood due to its dense concentration of these nutrients.

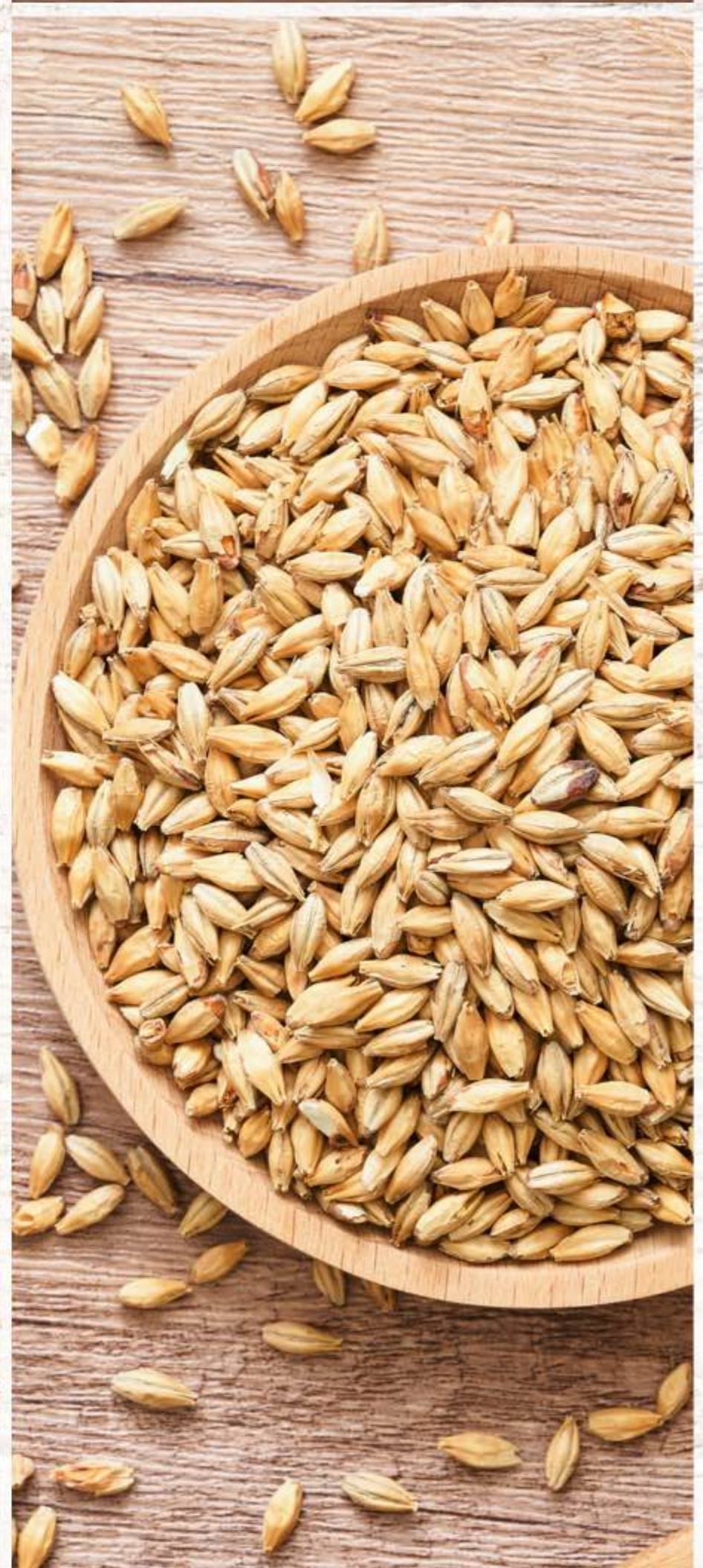
**Sourcing Tips:** Source organ meats from local farms, butchers, or online suppliers that offer grass-fed, pasture-raised animals. If you're new to organ meats, consider starting with liver from chicken or beef, as they tend to be milder in flavor.





# WHOLE GRAINS

*When properly prepared by soaking or fermenting,  
whole grains become easier to digest and their nutrient  
content increases.*







**Examples:** Whole wheat, spelt, einkorn, oats, and barley.

**Why they're nutrient-dense:** Traditional preparation methods like soaking and fermenting neutralize anti-nutrients and improve digestibility, allowing for better absorption of key vitamins and minerals.

**Sourcing Tips:** Buy organic whole grains from reputable sources. If possible, grind your grains fresh at home to preserve their nutrient content. Brands like Bob's Red Mill and One Degree Organic offer high-quality, organic whole grains.





S O U R C I N G  
T I P S

*recap*





BY FOCUSING ON THESE  
NUTRIENT-DENSE  
TRADITIONAL FOODS AND  
LEARNING TO SOURCE THEM  
PROPERLY, YOU CAN BRING  
THE WISDOM OF ANCESTRAL  
DIETS INTO YOUR EVERYDAY  
MEALS, SUPPORTING BOTH  
YOUR HEALTH AND WELL-  
BEING. START BY ADDING ONE  
OR TWO OF THESE FOODS TO  
YOUR DIET EACH WEEK, AND  
OVER TIME, YOU'LL BUILD A  
MORE NUTRIENT-DENSE,  
SUSTAINABLE WAY OF  
EATING.







- **LOCAL FARMS AND FARMERS' MARKETS:** ALWAYS A TOP CHOICE FOR FRESH, NUTRIENT-DENSE INGREDIENTS LIKE GRASS-FED MEATS, RAW DAIRY, AND ORGANIC PRODUCE.
- **ONLINE SUPPLIERS:** WEBSITES LIKE US WELLNESS MEATS, WHITE OAK PASTURES, AND REAL MILK FINDER ARE EXCELLENT FOR SOURCING HIGH-QUALITY ANIMAL PRODUCTS.
- **HEALTH FOOD STORES:** CHECK THE REFRIGERATED SECTIONS FOR FERMENTED VEGETABLES, RAW DAIRY, AND PASTURE-RAISED MEATS.
- **ETHICAL BRANDS:** BRANDS LIKE THE KITCHEN WITCH FOR BONE BROTH, AND FARMHOUSE CULTURE FOR FERMENTED VEGETABLES ARE TRUSTWORTHY AND EASY TO FIND IN MOST HEALTH FOOD STORES.