



B.RAD NUTRITION GUIDE

A tiered ranking of the world's most nutrient-dense foods

MAXIMUM NUTRIENT DENSITY

MEAT & FRUIT: THE ULTIMATE ANCESTRAL DIET!

<p>GLOBAL ALL-STARS ▶ The world's most nutrient-dense foods.</p>	<p>Animal Protein The #1 human dietary requirement for performance and longevity</p> <ul style="list-style-type: none"> Grassfed beef: premier nutrition and fatty acid profile Buffalo/bison, elk, lamb, venison (natural/sustainable) Organs: maximum nutrient density (liver, heart, kidney, bone broth, etc.) 	<p>Fruit Ancestral centerpiece: Micronutrient-dense, easy-to-digest. Choose organic for edible skins</p> <ul style="list-style-type: none"> High antioxidant, fiber, & water content Great for glycogen reloading Minimal anti-nutrients/allergens Local/in-season preferred
<p>EGGS ▶ Healthful fats, choline, B-vitamins, and life-force essence.</p>	<p>Local, Certified Humane and Pasture-Raised Vastly superior to conventional</p>	<p>Other Eggs: Goose, Duck, Quail, Ostrich Healthier animals; no mass production</p>
<p>WILD-CAUGHT, OILY, COLD-WATER FISH ▶ Convenient, affordable, best dietary source of omega-3s.</p>	<p>"SMASH" Family: Sardines, Mackerel, Anchovies, Salmon, Herring</p>	
<p>SHELLFISH ▶ Excellent source of monounsaturated and omega-3 fats. Choose sustainably caught/raised.</p>	<p>Oysters, Clams, Crab, Lobster, Mussels, Octopus, Scallops Oysters' aphrodisiac properties are validated by the incredible zinc and B12 levels.</p>	
<p>ORGANIC, HIGH-FAT DAIRY ▶ Avoid all conventional, pasteurized, and low- and non-fat products, or if allergic.</p>	<ul style="list-style-type: none"> Raw cheese, kefir, and milk Cream cheese, heavy cream, sour cream Full-fat yogurt 	
<p>CHICKEN, TURKEY, PORK ▶ Inferior nutrient density and fatty acid profile if corn/soy fed.</p>	<p>Choose only local or 100% grassfed/pasture-raised poultry; heritage breed pork</p>	

COLORFUL, NUTRITIOUS, EASY-TO-DIGEST PLANT FOODS

Enjoy for micronutrients, taste, diversity, hormone function, recovery, and enjoying life!

Avocados	Dark Chocolate	Fermented Foods	Vegetables	Raw Honey
Heart-healthy monounsaturated fats, huge potassium, high antioxidant, vitamin B6 and vitamin K.	Super high in antioxidants, flavanols, polyphenols; choose bean-to-bar, 80 percent cacao or higher.	Kefir, kimchi, kombucha, miso, natto, olives, pickles, sauerkraut, tempeh; probiotics nourish healthy gut bacteria.	Choose per personal preference: enjoy meals, enjoy life! Fresh and local is best. Cooking neutralizes toxins.	Convenient energy source with antioxidant, antibacterial, and nitric oxide boost. Local honey can help seasonal allergies.
Nuts & Nut Butters	Seaweed	Sweet Potatoes/Squash	Oils	Supplements
Nutritious protein, fatty acids, enzymes, antioxidants, phytonutrients, vitamins and minerals.	Best source of iodine, vitamin D, vitamin B ₁₂ , selenium, and omega-3.	High antioxidant, anti-inflammatory, immune-boosting and support gut health.	Cook with saturated (ghee, butter, lard, coconut). Eat extra-virgin, first cold pressed olive.	Whey, creatine, electrolytes, magnesium, desiccated organs, vitamin D3 - keep it simple.

Beverages: Mineral water in glass bottles, kombucha, herbal tea, organic coffee, protein smoothies, bone broth, raw milk/kefir

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