

# LIVERWISE MATRIX

Fatty liver is a silent threat — often met with vague advice and little direction. This guide changes that. The LiverWise Matrix organizes 70+ science-backed ingredients into five targeted healing categories, each chosen for its ability to help your liver repair and thrive. Built from real-world experience and clinical research, this nutritional framework provides a practical, food-first approach to support liver health, reduce inflammation, and promote healing with ingredients that actually work.

*This guide focuses specifically on the dietary component of liver health optimization and is designed to complement comprehensive lifestyle and medical approaches to fatty liver management.*

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# LiverWise Matrix Quick Start Guide

*Start Today in 3 Steps*

## 1. Pick Your Top 10


Choose 2 foods from each category that you already like (comprehensive list of 70+ foods in the matrix):

 **Anti-Inflammatory:** Salmon, walnuts, chia seeds, sardines

 **Polyphenols:** Blueberries, green tea, olive oil, cocoa powder

 **Detox Support:** Broccoli, garlic, kale, beets

 **Metabolic:** Oats, Barley, Avocado, Spinach

 **Flex Foods:** Apricot, Mango, Kimchi, Carrots

## 2. Replace, Don't Add

- Swap 3-4 servings from your current diet with your Top 10 foods daily. Don't increase calories—just upgrade what you're already eating by replacing highly processed, sugary and calorie-dense foods.
- This replacement approach naturally supports healthy weight as your liver function improves

## 3. Build Up

- This week: Swap 4-6 servings from 3+ categories daily, 5+ days
- Upcoming Weeks: 5 + servings from 5 categories daily, 7 days

*Need serving sizes and ingredients? Check your full LiverWise Matrix.*

***Remember: Progress , not perfection—consistency wins!***

# Introduction

*This isn't a diet. It's a system that works — because I needed it to.*

You've just unlocked a system designed to make healing clear, practical, and doable — using the power of food.

This package is built around one powerful core insight:

The right foods, chosen with precision, can support your body across multiple healing pathways — *and it doesn't need to be complicated.*

You don't need dozens of plans or conflicting lists. You need the right ingredients, chosen for what they do — and a simple way to understand and apply that information.

That's exactly what the **LiverWise Matrix** does.

## 5 Essential Food Categories:

The Matrix breaks down 70+ of the most scientifically backed foods for fatty liver into 5 key categories — each one targeting a different core pathway your liver needs to heal.

Each category hits a different root cause of fatty liver — and that's the key. There is no “one food” fix. This is nutritional teamwork, not a solo act.

This is your cheat code. It won't do the work for you, but it'll make the work count. You'll get more out of every meal without having to flip your life upside down. That's the secret: healing isn't about intensity. It's about *consistency*.

## 1. Anti-Inflammatory Omega Sources

*“Put out the fire — your liver depends on it.”*

Fatty liver isn't just about fat — it's about *inflammation*. Your liver is stuck in a cycle of stress and damage, and the right fats can help stop the fire. Omega-3s (especially from food, not capsules) calm that internal chaos. They improve fat metabolism, reduce scarring, and help your liver process and release built-up junk.

And here's the trick most people miss: not all omega-3s are the same. You've got ALA from plants (like chia), EPA/DHA from seafood (like sardines and salmon), and each plays a different role. Rotate your sources, and you cover more ground.

## 2. Polyphenol Powerhouses

*“Don't just eat the rainbow — weaponize it.”*

These are the pigments and plant compounds that *actually do something*. Polyphenols aren't just antioxidants. They turn off fat-storing genes, wake up detox enzymes, and repair damaged tissue. This is targeted defense built by plants — and it tastes damn good, too.

Berries, herbs, teas, spices — the more color and flavor, the more power. Skip the beige, eat bold. Variety is the name of the game.

## 3. Liver Detoxification Support

*“Your liver is a filter. Filters need cleaning.”*

Your liver breaks down toxins, but who cleans up the mess? These are Phase I and Phase II detox pathways (I to clean, II to remove). Detox pathways need raw material: sulfur, fiber, flavonoids, enzymes. That's what

these foods provide. Think cruciferous veggies (like broccoli), alliums (garlic, onions), fermented foods, and herbs.

Don't overthink it. If it stinks when you chop it and gets sweeter when you cook it, you're probably on the right track.

#### **4. Metabolic Optimization Foods**

*“If your blood sugar's a mess, your liver pays the price.”*

Metabolic chaos — insulin resistance, blood sugar spikes, belly fat — it all crashes down on your liver. These foods help regulate that system. They slow sugar absorption, improve insulin sensitivity, and feed the gut microbes that send healing signals back to the liver.

Beans, oats, barley, insulin resistant starches — these are low-drama, high-impact foods. They don't spike your glucose, they keep your liver from drowning in overflow, and they tend to be pretty filling.

#### **5. Flex & Functional Foods**

*You'll stick with it if you actually like the food.”*

This is where real life happens. You're not a monk — and you shouldn't eat like one. These foods support consistency. Some are microbiome heroes (like kefir, sauerkraut, miso). Others just fill in the gaps — snacks, flavor boosters, texture, crunch, and comfort.

This group keeps the system sustainable. It's what lets you enjoy the process, not just endure it.

## Why This Works

The Matrix isn't about "superfoods" or strict plans. It's about hitting the core levers of liver health, every day, in a way that fits real life. Most of the foods in the Matrix support more than one category — so each bite does more than one job.

**Example:** Blueberries support inflammation reduction *and* deliver powerful polyphenols. Their main superpower is polyphenol, however, so they count towards that food group, not both.

**Here's the strategy:** Build up to **2–3 servings from each category daily**. This gives you 10-15 total servings of targeted liver-healing foods spread throughout your day. Mix and match. Build meals around them. Replace what you already eat with better options from the Matrix.

**The magic happens in the replacement.** Instead of adding more food to an already full diet, you're upgrading the quality of what you're already eating. **Don't increase your total calories** — just swap better ingredients. Trade the afternoon cookies for blueberries. Replace the processed snack for walnuts. Swap refined grains with oats or barley.

As you build this habit, you'll naturally find yourself eating less overall as the nutrient-dense Matrix foods are more filling and satisfying than processed alternatives. You're not restricting; you're optimizing.

**Over time, you'll naturally build diversity, balance, and momentum.** Your taste buds adapt. Your energy stabilizes. Your liver starts functioning better. And it all happens without turning your life upside down.

## Getting Started

1. Pick your top 10-15: 2–3 foods from each category that you already like (higher ranked the better)
2. Keep those stocked in your kitchen
3. Swap 4-6 servings from your current diet with your Top 10 foods daily. Don't increase calories—just upgrade what you're already eating by replacing highly processed, sugary and calorie-dense foods.
4. Gradually increase the quantity and variety of matrix foods over the next month until you are eating to 2-3 servings from each category daily.

*Note: See LiverWise Harmful Ingredient Compass for a guide to the most harmful foods to eliminate.*

## Easy Wins – Start Tomorrow (All hit 3 Categories)

### Breakfast Ideas

- Swap cereal for oatmeal + blueberries + walnuts
- Add cocoa powder + flaxseeds + kefir into smoothie

### Lunch Ideas

- Substitute kale + olive oil + sunflower seeds + lemon into your salad
- Substitute rice bowl for barley bowl + broccoli + sardines

### Dinner Ideas

- Trout + roast brussels sprouts + carrots with olive oil
- Salmon + artichokes + capers + olive oil + tomatoes



## What's Included:

This package contains four different presentations:

### The Master Matrix – Start Here

If you were to use only one view, this is the one.

It shows all mechanisms that apply to each food with serving size.

**Best for:** High level understanding of the logic behind the entire system; developing your path using foods you enjoy.

**Format:** Ingredients in rows; healing mechanisms (e.g. polyphenol powerhouses, inflammation) as columns; visually categorizes by primary mechanism group

Once you understand the system, use the following simplified views to make it work in real life:

### Quick View

Simplified view when you want to reach for something nourishing.

**Best For:** Quick Reference, weekly planning, building meals on the fly

**Format:** Shows each ingredient, its primary category, and serving size.

### Grocery Guide

**Best For:** shopping, sticking to your fridge, quick reference.

**Format:** Grouped visually by category; just what to buy.

## Nutrient Deep Dive

This is where the matrix began — a detailed breakdown of how each food ranks across 21 key nutrients tied to liver healing and metabolic health. I personally love the quantitative depth here, but it can be a lot to digest.

**Best For:** Seeing micronutrient density across foods, and ideal if you want to focus on specific nutrients.

### **Format:**

Rows: Ingredients + serving sizes

Columns: 21 nutrients (with measurement units)

Matrix: Concentration of each nutrient per serving of ingredient

Color Coding: Light to dark scale shows nutrient density within column—the darker the color, the higher the concentration per serving.

## The Matrix Isn't the End — It's the Entry Point

Cook a little. Rotate often. Heal consistently.

Let's go.

-Tim

# Master Matrix



Rank   Ingredient	Serving Size	Anti-Inflammatory Omega	Polyphenol Powerhouse	Liver Detox Support	Metabolic Optimization	Flex & Functional Support	Categories Covered
Polyphenol Powerhouses							
1 Green Tea	1 cup (245g)		✓	✓	✓		3
2 Olive Oil	1 tbsp (14g)	✓	✓		✓		3
3 Coffee	1 cup (240g)		✓	✓	✓		3
4 Blueberries	1 cup (148 g)	✓	✓				2
5 Berries	1 cup (148 g)	✓	✓				2
6 Dark Chocolate	1 oz (28g)		✓				1
7 Citrus Fruits	1 medium		✓	✓			2
8 Tomatoes	1 medium	✓	✓				2
9 Strawberries	1 cup (148 g)		✓				1
10 Red Grapes	1 cup (148 g)		✓				1
11 Cocoa Powder	1 tbsp (5g)		✓				1
12 Olives	10 olives (30g)	✓	✓				2
13 Grapefruit	1/2 medium (123g)		✓	✓			2
14 Goji Berries	1 oz (28g)		✓				1
Anti-Inflammatory Omega Sources							
1 Salmon	3.5 oz (100g)	✓			✓	✓	3
2 Walnuts	1oz (28g)	✓			✓	✓	3
3 Mackerel	3.5 oz (100g)	✓			✓	✓	3
4 Sardines	3.5 oz (100g)	✓			✓	✓	3
5 Flaxseeds	1 tbsp (10g)	✓			✓	✓	3
6 Chia seeds	1 oz (28g)	✓			✓	✓	3
7 Trout	3.5 oz (100g)	✓			✓	✓	3
8 Pacific Oysters	3pc (85g)	✓				✓	2
9 Crayfish	3 oz (85g)	✓				✓	2
10 Shrimp	3 oz (85g)	✓				✓	2
11 Krill	3 oz (85g)	✓				✓	2
Liver Detoxification Support							
1 Garlic	3 cloves	✓		✓			2
2 Broccoli	1 cup (140g)	✓	✓	✓			3
3 Kale	1 cup (140g)	✓	✓	✓			3
4 Turmeric (Ground)	1 tsp (3g)	✓	✓	✓			3
5 Ginger (Raw)	1 tsp (2g)	✓		✓			2
6 Artichokes	1 medium (120g)			✓			1
7 Beets	1 cup (140g)	✓		✓			2
8 Brussels Sprouts	1 cup (140g)	✓		✓			2
9 Shiitake Mushroom	1 cup (97g)			✓		✓	2
10 Maitake Mushroom	1 cup (70g)			✓		✓	2
11 Brazil Nuts	28g (1 oz)			✓		✓	2
12 Dandelion Greens	1 cup (55g)			✓			1
13 Asparagus (Cooked)	1 cup (140g)			✓			1

		Anti-Inflammatory Omega	Polyphenol Powerhouse	Liver Detox Support	Metabolic Optimization	Flex & Functional Support	Categories Covered
<b>Metabolic Optimization</b>							
1	Oats (dry)	1 cup (81g)			✓	✓	2
2	Barley (cooked)	1 cup (157g)			✓	✓	2
3	Avocado	1 fruit (150g)	✓		✓		2
4	Spinach	1 cup (30g)		✓	✓		3
5	Legumes	1 cup (198g)			✓	✓	2
6	Almonds	28g (1 oz)			✓	✓	2
7	Lentils	1 cup (198g)			✓	✓	2
8	Whole Grains	1 cup (198g)			✓	✓	2
9	Tofu (Firm)	3 oz (85g)			✓	✓	2
10	Soybeans	3.5 oz (100g)			✓	✓	2
11	Tempeh	3 oz (85g)			✓	✓	2
12	Pumpkin Seeds	28g (1 oz)			✓	✓	2
13	Sunflower Seeds	28g (1 oz)			✓	✓	2
14	Pistachios	1 oz (28g)			✓	✓	2
15	Sweet Potatoes	1 cup (140g)			✓		1
16	Cashews	1 oz (28g)			✓	✓	2
17	Black Beans	1 cup (198g)			✓	✓	2
18	Quinoa (Cooked)	1 cup (185g)			✓	✓	2
19	Seeds	1 oz (28g)			✓	✓	2
20	Peanuts	1 oz (28g)			✓	✓	2
<b>Flex and Functional Foods</b>							
1	Yogurt (Plain, Low-Fat)	1 cup (245g)				✓	1
2	Kefir (Plain, Low-Fat)	1 cup (240g)				✓	1
3	Carrots	1 cup (140g)	✓			✓	2
4	Eggs	1 large (50g)				✓	1
5	Chicken	3.5 oz (100g)				✓	1
6	Miso (Paste)	1 tbsp (17g)				✓	1
7	Bell Peppers	1 cup (140g)	✓	✓		✓	3
8	Kimchi	1 cup (150g)				✓	1
9	Red Leaf Lettuce	1 cup (28g)		✓		✓	2
10	Sauerkraut	1 cup (142g)				✓	1
11	Brown Rice (cooked)	7 oz (200g)			✓	✓	2
12	Apricots (Raw)	1 medium (35g)		✓		✓	2
13	Plum	1 medium (66g)		✓		✓	2
14	Mangoes (Raw)	1 cup sliced (165g)		✓		✓	2
15	Capers (Canned)	1 tbsp (9g)		✓		✓	2
16	Hot Green Chile	1 pepper (45g)		✓		✓	2
17	Kombucha	8 oz (240ml)				✓	1

# LiverWise Quick View

Polyphenol Powerhouses	
1 Green Tea	1 cup (245g)
2 Olive Oil	1 tbsp (14g)
3 Coffee	1 cup (240g)
4 Blueberries	1 cup (148 g)
5 Berries	1 cup (148 g)
6 Dark Chocolate	1 oz (28g)
7 Citrus Fruits	1 medium
8 Tomatoes	1 medium
9 Strawberries	1 cup (148 g)
10 Red Grapes	1 cup (148 g)
11 Cocoa Powder	1 tbsp (5g)
12 Olives	10 olives (30g)
13 Grapefruit	1/2 medium (123g)
14 Goji Berries	1 oz (28g)

Anti-Inflammatory Omega Sources	
1 Salmon	3.5 oz (100g)
2 Walnuts	1oz (28g)
3 Mackerel	3.5 oz (100g)
4 Sardines	3.5 oz (100g)
5 Flaxseeds	1 tbsp (10g)
6 Chia seeds	1 oz (28g)
7 Trout	3.5 oz (100g)
8 Pacific Oysters	3pc (85g)
9 Crayfish	3 oz (85g)
10 Shrimp	3 oz (85g)
11 Krill	3 oz (85g)

Liver Detoxification Support	
1 Garlic	3 cloves
2 Broccoli	1 cup (140g)
3 Kale	1 cup (140g)
4 Turmeric (Ground)	1 tsp (3g)
5 Ginger (Raw)	1 tsp (2g)
6 Artichokes	1 medium (120g)
7 Beets	1 cup (140g)
8 Brussels Sprouts	1 cup (140g)
9 Shiitake Mushroom	1 cup (97g)
10 Maitake Mushroom	1 cup (70g)
11 Brazil Nuts	28g (1 oz)
12 Dandelion Greens	1 cup (55g)
13 Asparagus (Cooked)	1 cup (140g)

Metabolic Optimization	
1 Oats (dry)	1 cup (81g)
2 Barley (cooked)	1 cup (157g)
3 Avocado	1 fruit (150g)
4 Spinach	1 cup (30g)
5 Legumes	1 cup (198g)
6 Almonds	28g (1 oz)
7 Lentils	1 cup (198g)
8 Whole Grains	1 cup (198g)
9 Tofu (Firm)	3 oz (85g)
10 Soybeans	3.5 oz (100g)
11 Tempeh	3 oz (85g)
12 Pumpkin Seeds	28g (1 oz)
13 Sunflower Seeds	28g (1 oz)
14 Pistachios	1 oz (28g)
15 Sweet Potatoes	1 cup (140g)
16 Cashews	1 oz (28g)
17 Black Beans	1 cup (198g)
18 Quinoa (Cooked)	1 cup (185g)
19 Seeds	1 oz (28g)
20 Peanuts	1 oz (28g)

Flex and Functional Foods	
1 Yogurt (Plain, Low-Fat)	1 cup (245g)
2 Kefir (Plain, Low-Fat)	1 cup (240g)
3 Carrots	1 cup (140g)
4 Eggs	1 large (50g)
5 Chicken	3.5 oz (100g)
6 Miso (Paste)	1 tbsp (17g)
7 Bell Peppers	1 cup (140g)
8 Kimchi	1 cup (150g)
9 Red Leaf Lettuce	1 cup (28g)
10 Sauerkraut	1 cup (142g)
11 Brown Rice (cooked)	7 oz (200g)
12 Apricots (Raw)	1 medium (35g)
13 Plum	1 medium (66g)
14 Mangoes (Raw)	1 cup sliced (165g)
15 Capers (Canned)	1 tbsp (9g)
16 Hot Green Chile	1 pepper (45g)
17 Kombucha	8 oz (240ml)



# LiverWise Grocery Guide

Metabolic Optimization	Polyphenol Powerhouses	Liver Detox Support	Anti-Inflammatory Omega Sources	Flex and Functional Foods
Oats	Green Tea	Garlic	Salmon	Yogurt (Plain, Low-Fat)
Barley	Olive Oil	Broccoli	Walnuts	Kefir (Plain, Low-Fat)
Avocado	Coffee	Kale	Mackerel	Carrots
Spinach	Blueberries	Turmeric (Ground)	Sardines	Eggs
Legumes	Berries	Ginger (Raw)	Flaxseeds	Chicken
Almonds	Dark Chocolate	Artichokes	Chia seeds	Miso (Paste)
Lentils	Citrus Fruits	Beets	Trout	Bell Peppers
Whole Grains	Tomatoes	Brussels Sprouts	Pacific Oysters	Kimchi
Tofu	Strawberries	Shiitake Mushroom	Crayfish	Red Leaf Lettuce
Soybeans	Red Grapes	Maitake Mushroom	Shrimp	Sauerkraut
Tempeh	Cocoa Powder	Brazil Nuts	Krill	Brown Rice
Pumpkin Seeds	Olives	Dandelion Greens		Apricots
Sunflower Seeds	Grapefruit	Asparagus		Plum
Pistachios	Goji Berries			Mangoes
Sweet Potatoes				Capers (Canned)
Cashews				Hot Green Chile
Black Beans				Kombucha
Quinoa				
Seeds				
Peanuts				





# Nutrient Deep Dive

Rank	Ingredient	Serving Size	Polyphenols (mg)	Omega-3 Fatty Acids (g)	Vitamin E (mg)	Vitamin D (µg)	Choline (mg)	Selenium (µg)	Zinc (mg)	Methionine (mg)	B Vitamins (mg)	Magnesium (mg)	Resveratrol (mg)	Quercetin (mg)	Vitamin K (µg)	Vitamin A (µg)	Iron (mg)	Copper (mg)	Folate (µg)	Glutathione (mg)	Ursolic Acid (mg)	Probiotics (CFU)	Astaxanthin (mg)
Polyphenol Powerhouses																							
1	Green Tea	1 cup (245g)	218		0.3								0.1								1.5		
2	Olive Oil	1 tbsp (14g)	8	0.9	1.9									14							0.2		
3	Coffee	1 cup (240g)	137				6																
4	Blueberries	1 cup (148 g)	300		0.6		6	0	0.2		0.4	9		3	19	3	0.4	0.1	6	1	0.3		
5	Berries	1 cup (148 g)	200		1.0							20			20	50	0.5	0.1	25	1	0.5		
6	Dark Chocolate	1 oz (28g)	500		0.6				0.9			64		70			2	0.5			1.8		
7	Citrus Fruits	1 medium			0.2		6	1	0.1		0.3	15		9	0	11	0.1	0	30	2			
8	Tomatoes	1 medium			0.5		7	0	0.2		0.3	11			8	42	0.5	0.1	15	1	0.2		
9	Strawberries	1 cup (148 g)	200		0.3		6	0	0.1		0.5	13		9	2	1	0.4	0.1	24	2	0.2		
10	Red Grapes	1 cup (148 g)	200		0.2							15	0.2	1			0.5	0.1	5	3	0.2		
11	Cocoa Powder	1 tbsp (5g)	100		0.0			1	0.4			28			0	0	0.8	0.2	2		3.2		
12	Olives	10 olives (30g)	170		1.1				0.2			4		15			0.3	0.1			0.2		
13	Grapefruit	1/2 medium (123g)			0.2							10			0	1150	0.1	0.1	17	2			
14	Goji Berries	1 oz (28g)			0.1		7	1	0.3		0.2	18			4	26	0.8	0.1	42	1	0.4		
Anti-Inflammatory Omega Sources																							
1	Salmon	3.5 oz (100g)		1.5	1.0	9						30		65			0.5		25	13			
2	Walnuts	1oz (28g)	500	0.7	0.1			0	0.2	0.1	0.1	44		418	1	1	0.9	0.4	27	1	0.8		
3	Mackerel	3.5 oz (100g)		2.5	1.0	16		44	0.6			60					1.6	0.1	12	13			
4	Sardines	3.5 oz (100g)		1.5	1.8	5	75	52	1.3		2.6	39			3	149	2.9	0.2	10	8			
5	Flaxseeds	1 tbsp (10g)	270	2.3	0.2			3	0.5	0.83	0.5	40		74			0.6	0.1	12		0.5		
6	Chia seeds	1 oz (28g)		5.1	0.1			16	1		0.6	95		68			2.2	0.2	27		0.7		
7	Trout	3.5 oz (100g)		0.9	2.8	16	65	13	0.4		3.3	30				69	1.1	0.1	12	10			
8	Pacific Oysters	3pc (85g)		0.425	0.9		55	54	14.1	0.5	0.9	40				72	5.7	0.6	7	9			
9	Crayfish	3 oz (85g)		0.4	2.4		90	27	1.1	0.5	0.6	23			0	50	0.9	0.3	32	5			
10	Shrimp	3 oz (85g)		0.5	1.5	152	115	34	1.3	0.6	0.7	35			0	150	2.6	0.4	30	5			0.1
11	Krill	3 oz (85g)		0.5	1.0	50	70	34	1	0.4	0.6	60			1	100	1.5	0.3	20	6	0.2		0.1
Liver Detoxification Support																							
1	Garlic	3 cloves			0.1		23	14	1.2		0.9	25		6	2	0	1.7	0.3	3	2	0.6		
2	Broccoli	1 cup (140g)			0.8		19	2	0.4		0.5	21		6	92	31	0.7	0.1	57	6	1.6		
3	Kale	1 cup (140g)			0.6		1	1	0.3		0.2	23		6	547	103	1	0.2	19	4	2.3		
4	Turmeric (Ground)	1 tsp (3g)			0.1			0	0.1			4		0	0	0	0.91	0.01	1		1.8		
5	Ginger (Raw)	1 tsp (2g)															0				0.5		
6	Artichokes	1 medium (120g)			0.2							50			17	13	1.6	0.3	107	2	0.4		
7	Beets	1 cup (140g)			0.0							31		44	0	58	1.1	0.1	148	1			
8	Brussels Sprouts	1 cup (140g)			0.9		19	2	0.4		0.7	23		7	177	38	1.4	0.1	61	5	1.5		
9	Shiitake Mushroom	1 cup (97g)			0.2	18		6	1	0.03	0.5	20			1	100	0.4	0.1	13	2	1.1		
10	Maitake Mushroom	1 cup (70g)			0.1			2	0.5	0.02	0.4	10			1	80	0.3	0.1	10	2	0.8		
11	Brazil Nuts	28g (1 oz)		0.0168	1.6		8	537	1.1	0.3	0.3	105		18			0.7	0.5	6		0.3		
12	Dandelion Greens	1 cup (55g)			1.9				0.4			36		20	428	558	1.8	0.2	85	5	2.5		
13	Asparagus (Cooked)	1 cup (140g)			1.4			5	0.54			13			46	905	0.82	0.15	134	3	0.5		

		Polyphenols (mg)	Omega-3 Fatty Acids (g)	Vitamin E (mg)	Vitamin D (µg)	Choline (mg)	Selenium (µg)	Zinc (mg)	Methionine (mg)	B Vitamins (mg)	Magnesium (mg)	Resveratrol (mg)	Quercetin (mg)	Vitamin K (µg)	Vitamin A (µg)	Iron (mg)	Copper (mg)	Folate (µg)	Glutathione (mg)	Ursolic Acid (mg)	Probiotics (CFU)	Astaxanthin (mg)
Metabolic Optimization																						
1	Oats (dry)	1 cup (81g)	40	0.1	0.5	15	34	2.3	0.2	1.8	276			1	0	3.4	0.4	56				
2	Barley (cooked)	1 cup (157g)	25	0.02	0.0	3	14	1.3	0.1	2.8	61			1	0	1	0.2	25				
3	Avocado	1 fruit (150g)		0.2	2.7			1			44			21		0.8	0.2	121	27	2		
4	Spinach	1 cup (30g)		0.1	0.6						24		75	145		0.8		58	11			
5	Legumes	1 cup (198g)			0.6	70	6	2.5	0.2		120		15	5	15	3.3	0.5	150	4			
6	Almonds	28g (1 oz)			7.7			0.9			76		147			1.1	1	14		1.2		
7	Lentils	1 cup (198g)		0.198	1.0	190	6	6.5	0.4	2.0	93			10	16	6.5	1.0	358	4			
8	Whole Grains	1 cup (198g)			0.4	15	10	0.8			40		45			0.7	0.1	20	2			
9	Tofu (Firm)	3 oz (85g)		0.2	0.3	28	8	1	0.2	0.5	37		70	2	100	1.6	0.4	27	2			
10	Soybeans	3.5 oz (100g)		0.6	0.4	116	7	1.2	0.7	1	147		55	47	40	8.8	0.41	165	12	1.1		
11	Tempeh	3 oz (85g)		0.2	0.5	43	10	1.3	0.3	0.6	81		115	3	100	2.2	0.5	30	3			
12	Pumpkin Seeds	28g (1 oz)		0.028	0.2	18	3	2.2	0.2	0.4	73			2	4	2.5	0.4	16		0.7		
13	Sunflower Seeds	28g (1 oz)			7.4		19	1.5			91					1.1	0.5	66	2			
14	Pistachios	1 oz (28g)			0.8	15	2	0.6			30		6	1	1	1.1	0.4		1			
15	Sweet Potatoes	1 cup (140g)			1.1	9	0	0.3		0.3	27		7	2	961	0.7	0.1	6	1	0.2		
16	Cashews	1 oz (28g)			0.3	15	6	1.6			82		20	1	1	1.9	0.6	25	1	0.4		
17	Black Beans	1 cup (198g)			0.8	45	2	1.9			120		15	3	5	3.6	0.4	150	5			
18	Quinoa (Cooked)	1 cup (185g)			1.2	44					118					2.8		78	2			
19	Seeds	1 oz (28g)			9.0	20	5	1.5			100			1	2	1.2	0.4	30	1	0.7		
20	Peanuts	1 oz (28g)			2.4	20	2	0.9			50		19	0	1	1.3	0.4	30	1	0.5		
Flex and Functional Foods																						
1	Yogurt (Plain, Low-Fat)	1 cup (245g)		0.04	0.1	127	38	5	1.4		47		18	1	243	0.1	0.02	27	1		1×10 <sup>9</sup>	
2	Kefir (Plain, Low-Fat)	1 cup (240g)		0.04	0.1	127	44	3	1		30		15	1	296	0.1	0.02	38	2		1×10 <sup>9</sup>	
3	Carrots	1 cup (140g)			0.7	9	0	0.2		0.3	12		19	13	835	0.6	0.1	24	1	0.3		
4	Eggs	1 large (50g)		0.025	0.6	1	74	14	0.5	0.2	0.75	5	116	0	260	0.6	0.05	24	10			
5	Chicken	3.5 oz (100g)		0.016	0.2	68	22	0.8	0.48	1.04	20		8	0	10	0.56	0.04	4	13			
6	Miso (Paste)	1 tbsp (17g)			0.1	15	7	0.5			12			5	100	0.8	0.1	14	1		1×10 <sup>9</sup>	
7	Bell Peppers	1 cup (140g)			0.4	6	0	0.1		0.3	10		23	7	18	0.4	0.1	10	3	0.4		
8	Kimchi	1 cup (150g)			0.2	18	1	0.4			19		43	27	1000	2.5	0.2	30	1		1×10 <sup>9</sup>	
9	Red Leaf Lettuce	1 cup (28g)			0.2	0	11		0.119	0.31	1	0.085							1	0.3		
10	Sauerkraut	1 cup (142g)			0.1	14	1	0.1			13		28	14	21	2.1	0.1	24	1		1×10 <sup>8</sup>	
11	Brown Rice (cooked)	7 oz (200g)		0.04	0.8	32	30	2.4	0.4	1.2	286		190	4		0.8	0.4	18	4			
12	Apricots (Raw)	1 medium (35g)			0.9						4		38	3	674	0.14	0.04	9	0			
13	Plum	1 medium (66g)			0.2						7			6	569	0.2	0.1	5	1			
14	Mangoes (Raw)	1 cup sliced (165g)			1.1						15		44	9	1785	0.26	0.11	71	1			
15	Capers (Canned)	1 tbsp (9g)			0.1		0	0.0			3			2	12	0.1	0.0	2		0.2		
16	Hot Green Chile	1 pepper (45g)			0.3						10			5	530	0.5	0.1	10	1	0.1		
17	Kombucha	8 oz (240ml)											90								1×10 <sup>9</sup>	



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