

What to Eat to Improve Mitochondria:

Daily Nutrient Checklist

Mitochondria have the critical job of turning your food into the body's energy source: ATP. Without the ATP, the rest of your body just can't perform optimally. Mitochondria require certain key nutrients to complete the lengthy process of turning our food into energy. Aim to check off every nutrient on the list every 2 – 5 days.

Improves Mitochondria

- **Vitamin B1:** asparagus, sunflower seeds, green peas, flaxseeds, brussels sprouts, beet greens, spinach, cabbage, eggplant, mushrooms, sesame seeds, peanuts, tuna
- **Vitamin B2:** spinach, beet greens, mushrooms, asparagus, sea veggies, eggs, broccoli, swiss chard, green beans, bok choy, turnip greens, kale, mustard greens, bell peppers, yogurt, almonds, turkey, green peas
- **Vitamin B3:** tuna, chicken, turkey, mushrooms, salmon, beef, asparagus, tomatoes, bell peppers, shrimp, sunflower seeds, peas, carrots, cantaloupe, collard greens
- **Vitamin B5:** mushrooms, cauliflower, broccoli, beet greens, asparagus, turnip greens, bell peppers, cucumber, celery, avocado, peas, chicken, turkey, yogurt, salmon, beef, eggs, shrimp
- **Vitamin B6:** tuna, spinach, cabbage, bok choy, bell peppers, turnip greens, garlic, cauliflowers, turkey, beef, chicken, salmon, banana, broccoli, brussels sprouts, collard greens, beet greens, kale, carrots, swiss chard, asparagus, mustard greens
- **Vitamin B12:** clean, grass-fed, pastured animal products (if you are vegan or vegetarian, make sure that the first thing you do is get on a B12 supplement!)
- **Magnesium:** spinach, swiss chard, beet greens, pumpkin seeds, squash, turnip greens, sesame seeds, sunflower seeds, cashews,
- **Iron:** clean animal products, spinach, swiss chard, cumin, parsley, turmeric, beet greens, collard greens, bok choy, asparagus, mustard greens, turnip greens, leeks, chili peppers, sesame seeds, olives
- **Chlorophyll:** anything green, spirulina powder, chlorella powder
- **Sulfur:** grass-fed meat, pastured chicken, turkey, buffalo, turkey, organ meats, eggs, grass-fed dairy, almonds, coconut, walnut, pistachio, sunflower seeds, sesame seeds, flax seeds, sea food, cashews, asparagus, broccoli, brussels sprouts, kale, onions, garlic, cauliflower, cabbage
- **Copper:** sesame, cashews, mushrooms, beet greens, turnip greens, spinach, asparagus, swiss chard, kale, mustard greens, squash, sunflower seeds, walnuts, pumpkin seeds, olives
- **Phosphorus:** scallops, cod, mushrooms, pumpkin seeds, salmon, tuna, shrimp, turkey, chicken, beef, yogurt, peas, broccoli, spinach, asparagus, beet greens, mustard greens, brussels sprouts
- **Co-Q-10:** clean meats, nuts, seeds, oils, sulfurous vegetables from above, orange, strawberry
- **Antioxidants:** Vitamin C, colorful berries, herbs and spices
- **Healthy Fats:** avocado, nuts, seeds; unheated oils: olive, almond, coconut; olives, nut butters

Increases Mitochondria

- **Resveratrol:** red grapes, Japanese knotweed herb, blueberries, peanuts, dark chocolate, mulberries
- **Amino acids arginine, carnitine and lysine:** clean, grass-fed, pastured protein products
- **Biotin (B7):** almonds, sweet potatoes, eggs, almonds, oats, tomatoes, peanuts, carrots, walnuts, salmon
- **Quercetin:** capers, onion (including the peels...leave those babies in when you make bone broth!), apples (in the peels), leafy greens, tomatoes, berries, broccoli

Courtesy of www.KitchenStewardship.com (Read the whole post [HERE](#).)