

Here are the 8 healthiest foods:

1. Red meat—Grass-fed, grass-finished beef is excellent for your health and is one of the highest sources of glutamine. But the cheapest cut of red meat is better than any starchy carb or processed food.
2. **Wild-caught** fatty fish—Salmon and other fatty fish are rich in omega-3 fatty acids.
3. Shellfish—**Not Farm raised** Shrimp, clams, mussels, and other shellfish contain omega-3s, but they're also a rich source of trace minerals. Oysters are one of the best sources of zinc.
4. Eggs—Choose organic pasture-raised eggs. Yeah, ain't no one got \$5.00 for a dozen eggs. Eat Eggs.
5. Fermented vegetables—Sauerkraut and kimchi are excellent sources of probiotics and vitamin C. But remember the carb count. ½ c. is ok.
6. Leafy greens—Arugula, spinach, and high-quality lettuce contain folate, vitamin C, magnesium, and potassium. Consuming dairy with spinach can reduce oxalates.
7. Organ meats—Beef liver, cod liver, and other organ meats are rich in many vitamins, minerals, and trace minerals. Chicken liver, Only really need 2 oz. a couple of times a week.
8. Herbs and spices—Garlic, onion, sage, thyme, sea salt, basil, and cinnamon all have unique properties and important health benefits.