



# MICRONUTRIENTS

Micronutrients and the most nutrient dense foods.

# WHAT ARE MICRONUTRIENTS?

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- Vitamin and minerals
- Essential for:
  - Cellular health and healing
  - Building healthy Hormones
  - Brain health
  - Heart health
  - Fighting oxidation and inflammation
- Especially important for healing and reversing disease
  - To heal your cells you need lots of micronutrients
  - After years of deficiency, more needed to “top up the tank”

# NOT ALL MICRONUTRIENTS ARE EQUAL

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- More is not always better.
- The less carbs you eat, the less vitamin C your body needs.
- Some (like sodium and potassium) a balance is as important as amount.
- Bioavailability is important. Many plant sources are less bioavailable to humans.
- But in general, the more nutrient dense the food is the better





# MICRONUTRIENTS IN FOODS

What foods are high in micronutrients?

# WHAT FOODS ARE MOST NUTRIENT DENSE?

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- Which of these is most nutrient dense?



**Kale**



**Blueberries**



**Steak**



## NUTRIENTS IN "SUPERFOODS" COMPARED TO ANIMAL PROTEIN

Per Serving	Apples	Blueberries	Kale	Beef	Beef Liver
Calcium (mg)	9.1	4.5	63.4	9.7	9.7
Magnesium (mg)	7.3	4.5	15.0	16.7	15.8
Phosphorus (mg)	20.0	9.0	24.6	154.0	340.6
Potassium (mg)	163.8	57.8	200.6	325.6	334.4
Iron (mg)	0.2	0.2	0.8	2.9	7.7
Zinc (mg)	0.2	0.2	0.2	4.0	3.5
Selenium (mcg)	0.0	0.1	0.4	12.5	34.9
Vitamin A (IU)	69.2	40.5	13530.9	35.2	46992.0
Vitamin B6 (mg)	0.0	0.1	0.1	0.4	1.0
Vitamin B12 (mcg)	0.0	0.0	0.0	1.8	97.7
Vitamin C (mg)	7.3	7.3	36.1	1.8	23.8
Vitamin D (IU)	0.0	0.0	0.0	6.2	16.7
Vitamin E (mg)	0.2	0.5	0.8	1.5	0.6
Niacin (mg)	0.2	0.3	0.4	4.2	15.0
Folate (mcg)	0.0	4.5	11.4	5.3	127.6

## MICRONUTRIENTS

- Across a wide range of micronutrients, steak is more nutrient dense
- Organ meat like Beef Liver is the real SUPERFOOD!
- Source: our book "Keto."

# ANIMAL PROTEINS

- Animal proteins are some of the most nutrient dense foods available.
- Organ meats are the real super-foods.
- Somehow we have lost this fact.

(per 100g)	Chicken	Pork	Eggs	Salmon	Beef	Beef Liver
Calcium (mg)	11	5	53	9	11	11
Magnesium (mg)	28	24	12	27	19	18
Phosphorus (mg)	196	296	191	240	175	387
Potassium (mg)	255	489	134	363	370	380
Iron (mg)	0.7	0.4	1.8	0.3	3.3	8.8
Zinc (mg)	0.8	1.4	1.1	0.4	4.5	4
Selenium (mcg)	17.8	40.6	31.7	24	14.2	39.7
Vitamin A (IU)	21	0	487	50	40	53,400
Vitamin B6 (mg)	0.5	0.7	0.1	0.6	0.4	1.1
Vitamin B12 (mcg)	0.4	0.5	1.3	3.2	2	111
Vitamin C (mg)	1.2	0	0	3.9	2	27
Vitamin D (IU)	2	53	35	526	7	19
Vitamin E (mg)	0.1	0.1	1	3.6	1.7	0.63
Niacin (mg)	11.2	8.8	0.1	8.7	4.8	17
Folate (mcg)	4	0	47	26	6	145

# WHAT ABOUT FATS?

- Fats have little to no micronutrients
- Fats are essential, but shouldn't be the focus
- No Bullet Proof Coffee!
- Chew whole foods rich in micronutrients with a focus on animal proteins

(Per 100 Grams)	Beef Tallow	Lard	Beef	Beef Liver
Calcium (mg)	0	0	11	11
Magnesium (mg)	0	0	19	18
Phosphorus (mg)	0	0	175	387
Potassium (mg)	0	0	370	380
Iron (mg)	0	0	3.3	8.8
Zinc (mg)	0	0.1	4.5	4
Selenium (mcg)	0.4	0.2	14.2	39.7
Vitamin A (IU)	0	0	40	53,400
Vitamin B6 (mg)	0	0	0.4	1.1
Vitamin B12 (mcg)	0	0	2	11
Vitamin C (mg)	4	0	2	27
Vitamin D (IU)	0	0	7	19
Vitamin E (mg)	5.5	0.6	1.7	0.63
Niacin (mg)	0	0	4.8	17
Folate (mcg)	0	6	6	145



# WHAT ABOUT SUPERFOODS!

- What about so called “Superfoods”
- Beef Liver destroys all of them.

(per 100g)	Sweet Potato	Acai Berries	Broccoli	Beef
Calcium (mg)	38	0	47	11
Magnesium (mg)	27	0	19	19
Phosphorus (mg)	54	0	66	175
Potassium (mg)	475	0	316	370
Iron (mg)	0.69	0	0.7	3.3
Zinc (mg)	0.32	0	0.4	4.5
Selenium (mcg)	0.2	0	2.3	14.2
Vitamin A (IU)	19218	7087	623	40
Vitamin B6 (mg)	0.29	0	0.2	0.4
Vitamin B12 (mcg)	0	0	0	2
Vitamin C (mg)	19.6	295	89	2
Vitamin D (IU)	0	0	0	7
Vitamin E (mg)	0.71	0	0.8	1.7
Niacin (mg)	1.49	0	0.6	4.8
Folate (mcg)	6	0	63	6

# WHAT FOODS ARE MOST NUTRIENT DENSE?

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- Which of these is most nutrient dense?



Kale



Blueberries



Steak



OTHER BENEFITS OF PROTEIN



# THERMIC EFFECT OF FOOD

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ENERGY SOURCE	TEF	CALORIES CONSUMED	RESULTING CALORIES
Alcohol	15%	100	85
Ketones	3%	100	97
Protein	25%	100	75
Carbohydrates	8%	100	92
Fat	3%	100	97

Source: "Keto." by Maria and Craig Emmerich

# EXAMPLE

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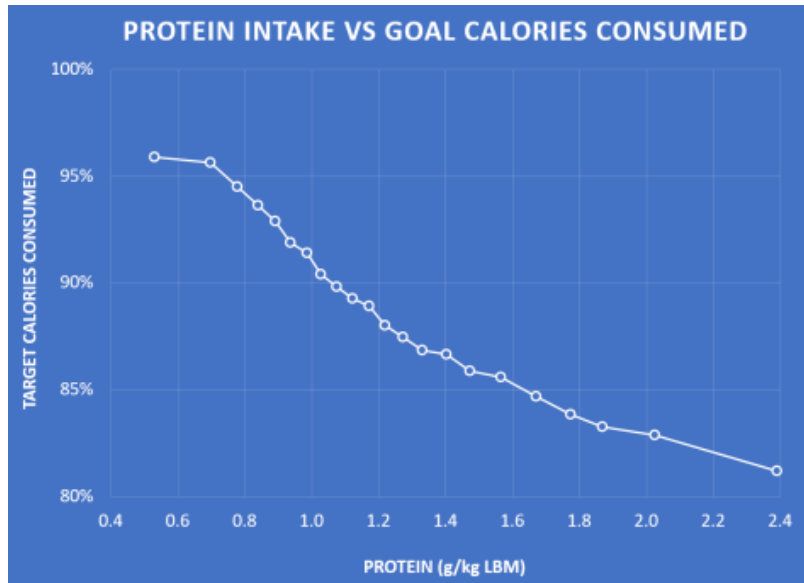
Power of Protein  
Sparing Modified  
Fast (PSMF)

- 500 calorie Bullet Proof Coffee
  - 500 calories of fat.
  - Effective calories in the body, **485**
  - Plus the blood sugar impact of caffeine!
- 500 calories of Sirloin Steak (11 ounces)
  - 126 calories of fat
  - 372 calories of protein
  - Effective Calories in the body, **401**
    - 18% less Effective Calories
  - Plus it helps maintain and build muscle!
- **Always Chew Whole Nutrient Dense Foods Instead of Drinking Calories!**

**9 pounds in a year!**

# PROTEIN SPARING MODIFIED FAST

- Amazing for: Ramping up weight loss, Breaking stalls, etc.
- Keep you satiated while reducing calories.



Source: [optimizingnutrition.com](http://optimizingnutrition.com)

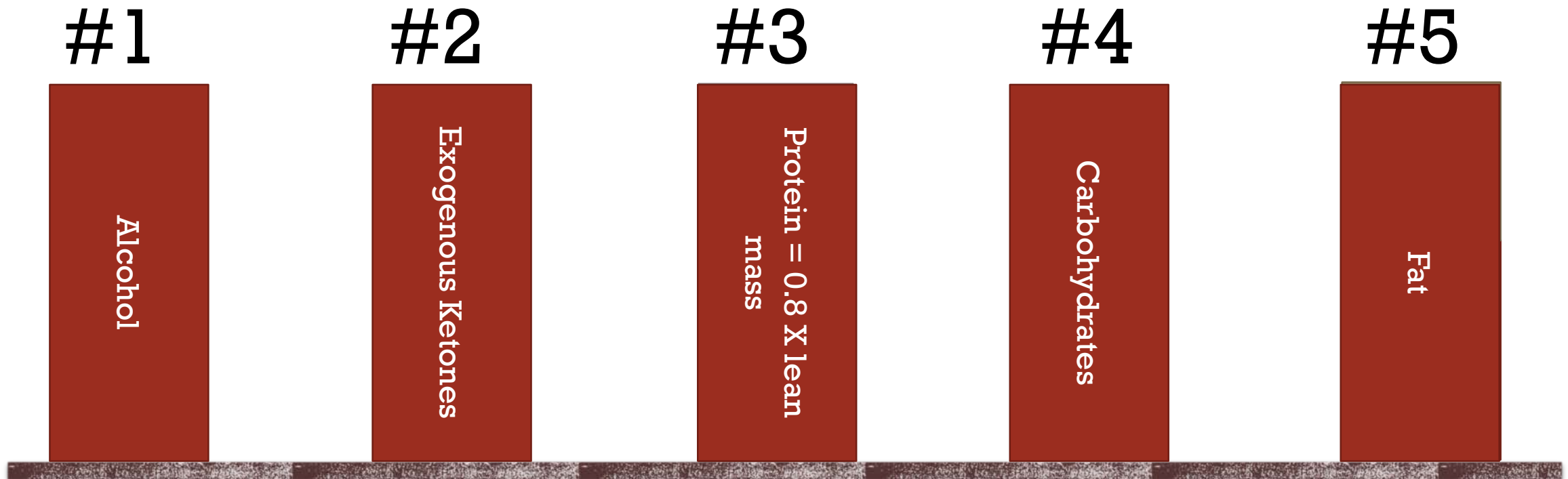
“PSMF (“pure protein day”) today... I had to force myself to hit that protein goal, I just wasn’t hungry. I used the recommendation from Maria’s calculator, and am going to try another one tomorrow... It doesn’t feel at all like “fasting”!“  
—Jillian



# OXIDATIVE PRIORITY

When Keto Adapted body is primed to use fat as fuel, Dietary or Body fat.

- Available Fuels to the body.



# OPTIMAL HEALTH AND HEALING

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- Leverage oxidative priority to lose weight
  - Clear out other fuels and let your body focus on fat
- While eating very nutrient dense foods to provide micronutrients
- Ideal diet for fat loss?
  - Get enough protein for your lean mass requirements.
  - Eat Foods without refined carbs, sugar or omega-6 oils (vegetable and seed oils)
    - Keep inflammation down
  - Foods that are the most nutrient dense
    - Most nutrient bang for per calorie.

# NEW PSMF COOKBOOK!

- Accelerate your weight loss and healing
- <https://keto-adapted.com/shop>







# BOOKS AND SERVICES

How to get more help.



# OUR BOOKS



# OUR SERVICES

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- NEW Keto Courses!
  - All NEW! Amazing Videos and Interactive Meal Plans
  - Weekly Live Webinars for VIP Members
  - <http://keto-adapted.com/school/>
- Keto-Adapted.com
  - Tons of support options including weekly webinar and meal plan generator
  - Over 500 exclusive recipes
- MariaMindBodyHealth.com
  - Blog with lots of free resources and personal consulting options.