

# Electrolyte/Micronutrient-Rich Foods

These support sodium (3,000–5,000 mg/day), potassium (3,000–4,700 mg/day), magnesium (300–400 mg/day), and other nutrients.

## [Electrolyte/Micronutrient Intake](#)

- **Sodium Sources:**

- **Examples:** Sea salt, bone broth, pickles, olives.
- **Nutrition:**
  - Sea salt (1 tsp): ~2,300 mg sodium, 0 g carbs.
  - Bone broth (1 cup): ~500–1,000 mg sodium, ~1 g carbs, ~40 kcal.
  - Pickles (1 medium, ~35 g): ~300 mg sodium, 1 g net carbs, ~10 kcal.
- **Tips:** Sip bone broth daily. Add ½–1 tsp salt to meals or water.

- **Potassium Sources:**

- **Examples:** Avocado, spinach, salmon, mushrooms.
- **Nutrition (see above for avocado, spinach, salmon):**
  - Mushrooms (1 cup cooked): ~3 g protein, 2 g net carbs, ~400 mg potassium, ~40 kcal.
- **Tips:** Include 1–2 servings of these daily to hit potassium goals.

- **Magnesium Sources:**

- **Examples:** Pumpkin seeds, almonds, spinach, dark chocolate (85%+ cocoa).
- **Nutrition (per 1 oz pumpkin seeds):**
  - ~10 g protein, 10 g fat, 2 g net carbs, 1 g fiber, ~150 mg magnesium, ~150 kcal.
  - Dark chocolate (1 oz, 85% cocoa): ~2 g protein, 12 g fat, 5 g net carbs, 3 g fiber, ~50 mg magnesium, ~170 kcal.
- **Tips:** Snack on 1 oz pumpkin seeds or take a magnesium supplement (e.g., 200 mg citrate) if needed.

- **Other Micronutrients:**

- **Calcium (1,000–1,300 mg/day):**
  - **Kale:** 1 cup raw (50 g, ~100 mg). Use in salads or smoothies.
  - **Broccoli:** 1 cup cooked (90 g, ~60 mg). Daily veggie.
  - **Sardines:** 100 g (~300 mg). Serve with spinach or cabbage.
- **Vitamin D (600–800 IU/day):**
  - **Salmon:** 150 g (~600 IU). Pair with cruciferous veggies.
  - **Egg Yolks:** 4 eggs (~80 IU). Scramble with mushrooms.
  - **Sunlight:** 15–30 min exposure (if possible).
- **B Vitamins:**

- **Liver (Beef):** 100 g (~high B1, B9). Serve with sautéed spinach 1x/week.
  - **Eggs:** 4 eggs (~B vitamins). Pair with asparagus.
  - **Vitamin C (75–90 mg/day):**
    - **Bell Peppers:** ½ cup raw (75 g, ~95 mg). Stuff with beef or add to salads.
    - **Broccoli:** 1 cup cooked (90 g, ~80 mg). Regular side dish.
  - **Tip:** Include greens and peppers daily; consider a low-carb multivitamin if variety is limited
    - Egg yolks provide vitamin D.
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