FUEL UP WITH NUTRIENT DENSE FOODS

Getting all the nutrients our body needs without exceeding our daily caloric requirement can be challenging. Eating too many "empty" calories, may lead to weight gain, even while leaving us deficient of nutrients. That's why it is important to make the most of the foods we eat by choosing nutrient dense foods. Nutrient dense foods contain an abundance of nutrients like vitamins, minerals, fiber, and antioxidants but are relatively low in calories.

What are Nutrient Dense Foods?

Nutrient dense foods are whole, unprocessed foods that are found in nature. Examples include vegetables, fruits, whole grains, low-fat and non-fat dairy, legumes, lean meats and oily fish rich in omega-3 fatty acids. Foods rich in healthy plant-based fats, such as nuts, seeds, and avocado, are also considered nutrient dense but are higher in calories and may need to be eaten in moderate portions.

What are Nutrition Powerhouses?

Nutrition powerhouses include green leafy vegetables like kale, spinach, and arugula; cruciferous vegetables like broccoli, Brussels sprouts, cabbage and cauliflower; red and orange vegetables like carrots, tomatoes, sweet potatoes, and bell peppers; fruits such as blueberries, grapes, pomegranates, cantaloupe, and oranges; foods high in omega-3 fatty acids like salmon, sardines and flax seeds.

Why are Nutrient Dense Foods Important?

Nutrient dense foods not only provide important nutrients but also help stabilize your blood sugar and provide sustained energy that allows you to power through your day. In addition, they tend to fill you up with fewer calories which may help manage weight without feeling hungry.

Try incorporating some of these nutrient dense foods in your diet today and see if you notice improvements in your energy, mood, digestion, focus, or memory.