Developing a Nutrient Dense Diet

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HealthSmart Wellness Program

• HealthSmart Care Management Solutions provides you with many tools and services to help you take a positive and hands-on role in your health and wellness.

• The Wellness Coach Program will assist you in establishing personal health goals, provide you with educational information and help move you toward positive lifestyle changes.

For more information regarding the Wellness Coach Program, please contact the Wellness Coach Team at:

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Decisions, Decisions

• How do you choose what to eat?
  – Flavor?
  – Texture?
  – Comfort?
  – Convenience?

• Many people choose foods based on immediate gratification without thinking of long-term effects
  – Results in foods that may taste good, but are not good for you

• To avoid these less healthy food decisions, consider nutrient density
What is Nutrient Density?

• Nutrient Density refers to the amount of nutrients in a specified volume of food
  – In other words, these foods provide a substantial amount of nutrients with relatively few calories

• Nutrient dense foods contain high amounts of...
  – Vitamins
  – Minerals
  – Fiber
  – Phytochemicals
Nutrient Density vs. Caloric Density

• While nutrient dense foods are high in nutrients, calorie dense foods are high in…
  – Calories
  – Fat
  – Added sugars
  – Sodium

• Offer very little nutrition

• Often referred to as “empty foods” or “empty calories”
Caloric Density

- Empty foods include:
  - Sodas, sports drinks, energy drinks, fruit drinks
  - Fried foods
  - Candy, cakes, cookies, pastries, donuts
  - Alcohol – beer, wine, liquor
Why choose nutrient dense foods?

• Limiting empty calories is important in weight control

• Eating nutrient dense foods will ensure you are getting the proper nutrients, eliminating the need for supplement use

• Supplements cannot replicate all of the nutrients and benefits from whole foods!

• Getting your nutrients from whole foods provides:
  – Greater nutrition through complex foods compared to processed supplements
  – Fiber
  – Protective substances
Vitamins and Minerals

• Essential in supporting normal physiologic function

• Vitamins
  – Energy metabolism
  – Bone health
  – Eye health
  – Skin health
  – Blood clotting and red blood cell formation
  – Antioxidants – immune health

• Minerals
  – Energy and metabolism
  – Growth and development
  – Bone health
  – Neuromuscular health
  – Heart health
  – Antioxidants – immune health
Phytochemicals

- Substances found in plants that reduce risk of cancer and heart disease
- Found in different color pigments of fruits, veggies, grains, and legumes
  - White
  - Red
  - Orange/Yellow
  - Green
  - Blue/Purple
  - Brown
## Nutrient Dense Superfoods

<table>
<thead>
<tr>
<th>Colors</th>
<th>Foods</th>
<th>Colorful Protective Substances and Possible Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>Tomatoes and tomato products, watermelon, guava</td>
<td>Lycopene: antioxidant; cuts prostate cancer risk</td>
</tr>
<tr>
<td>Orange</td>
<td>Carrots, yams, sweet potatoes, mangos, pumpkins</td>
<td>Beta-carotene: supports immune system; powerful antioxidant</td>
</tr>
<tr>
<td>Yellow-orange</td>
<td>Oranges, lemons, grapefruits, papayas, peaches</td>
<td>Vitamin C, flavonoids: inhibit tumor cell growth, detoxify harmful substances</td>
</tr>
<tr>
<td>Green</td>
<td>Spinach, kale, collards, and other greens</td>
<td>Folate: builds healthy cells and genetic material</td>
</tr>
<tr>
<td>Green-white</td>
<td>Broccoli, Brussels sprouts, cabbage, cauliflower</td>
<td>Indoles, lutein: eliminate excess estrogen and carcinogens</td>
</tr>
<tr>
<td>White-green</td>
<td>Garlic, onions, chives, asparagus</td>
<td>Allyl sulfides: destroy cancer cells, reduce cell division, support immune systems</td>
</tr>
<tr>
<td>Blue</td>
<td>Blueberries, purple grapes, plums</td>
<td>Anthocyanins: destroy free radicals</td>
</tr>
<tr>
<td>Red-purple</td>
<td>Grapes, berries, plums</td>
<td>Resveratrol: may decrease estrogen production</td>
</tr>
<tr>
<td>Brown</td>
<td>Whole grains, legumes</td>
<td>Fiber: carcinogen removal</td>
</tr>
</tbody>
</table>

*Photo courtesy of The Cancer Project*
Additional Superfoods

• Salmon
• Green or Black tea
• Dark chocolate (≥ 60% cacao)
• Nuts
• Fat-free milk and yogurt
Creating Nutrient Dense Meals

• Start each day with a healthy breakfast
  – Include whole grains, calcium-, vitamin D- and vitamin C-rich foods

• Replace refined grains with whole grains
  – 100% whole-grain breads, cereals and brown rice

• Add a rainbow of colors to your plate!
  – Brightly colored fruits and 100 percent fruit juice
  – Vibrantly colored vegetables and potatoes
  – Whole, fortified and fiber-rich grain foods
  – Fiber rich beans

• Include low-fat/fat-free milk, cheese and yogurt
• Include lean meats, poultry, fish, eggs, and beans
• Minimize high-fat meats and dairy
Make the most of your snacks

• Avoid calorie dense snack foods and opt for those that will provide more nutrition
  – Choose fresh, whole fruit for snacks and desserts instead of sweets
  – Snack on a handful of nuts, dried fruit, and dark chocolate chips for a tasty homemade trail mix
  – Make a smoothie packed with fruits, spinach, and low-fat yogurt
  – Pair colorful veggies with hummus or low-fat string cheese
  – Top low-fat yogurt with fresh fruit
How do alternative sweeteners fit in?

• Sugar substitutes providing virtually no calories
  – Equal
  – Splenda
  – Sweet’N Low
  – Sweet One

• Using alternative sweeteners can be an effective way of reducing calories for weight loss

• Okay in moderation
  – FDA declares those approved for use in the U.S. as “GRAS” – generally recognized as safe
Read Those Labels!

• Reading food labels will help you determine the most nutrient dense foods

• Check the Serving Size

• Total Calories

• Total Fat
  – Saturated Fat – Aim for < 3 g per serving
  – Trans Fat – Aim for 0 g per serving
  • Check ingredient list for “hydrogenated oils”
Read Those Labels!

- Sodium
  - Aim for < 2,400 mg per day or < 300 mg per serving

- Fiber
  - Aim for 25–35 g per day or 5 g per serving

- Sugar
  - Avoid added sugars
  - General rule: aim for < 15 g per serving
Which product is best?

**Ritz Crackers**

**Nutrition Facts**
- **Serving Size:** 16g
- **Calories:** 80
- **Calories from Fat:** 40
- **Total Fat:** 4.5g, 7%
- **Saturated Fat:** 1g, 5%
- **Cholesterol:** 0mg, 0%
- **Sodium:** 135mg, 6%
- **Total Carbohydrate:** 10g, 3%
- **Dietary Fiber:** 0g, 0%
- **Protein:** 1g

**Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), soybean oil, sugar, partially hydrogenated cottonseed oil, salt, leavening (baking soda and/or calcium phosphate), soy lecithin (emulsifier), natural flavor, cornstarch.

**Triscuits**

**Nutrition Facts**
- **Serving Size:** 28g
- **Calories:** 120
- **Calories from Fat:** 40
- **Total Fat:** 4.5g, 7%
- **Saturated Fat:** 1g, 5%
- **Trans Fat:** 0g, 0%
- **Cholesterol:** 0mg, 0%
- **Sodium:** 180mg, 8%
- **Potassium:** 110mg, 3%
- **Total Carbohydrate:** 19g, 6%
- **Dietary Fiber:** 3g, 12%
- **Sugars:** 0g
- **Protein:** 3g

**Ingredients:** Whole wheat, soybean and/or palm oil, salt.

*Photos Courtesy of www.nabiscoworld.com*
Instead of this...

- Fresh or frozen fruit w/ sugar added
- Canned fruit in syrup
- Fried vegetables
- Croissants, pastries, refined grains
- Whole milk, cheese, yogurt
- Chicken, with skin
- Beef (chuck, rib, brisket)
- Bacon or sausage
- Legumes, with added fat
- Margarine, butter
- Sweetened beverages (tea, soda)
- Fried foods

Choose this...

- Fresh or frozen fruit, no added sugar
- Canned fruit in water or 100% juice
- Fresh or frozen veggies, steamed
- Whole grain, fiber rich foods, no added fat
- Fat-free/low-fat milk, cheese and yogurt
- Chicken, skinless
- Beef (loin, round), fat trimmed
- Canadian bacon or lean ham
- Legumes, no added fat
- Light margarines
- Unsweet tea, water
- Baked, broiled, grilled foods
Recap

• Choose nutrient dense foods to get the most bang for your caloric buck
  – Include a rainbow of colors to your meals!
  – Make the most out of your snacks!

• Minimize calorie dense foods which provide little nutritional value

• Read food labels to help you make nutrient dense food choices
Questions?
Scan QR code below to receive credit for attending today’s Lunch-n-Learn!
For additional information, please contact:

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