

WHAT ARE ...

...NUTRIENT DENSE FOODS?

A nutrient is anything edible that nourishes the body. Nutrients in foods include carbohydrates, proteins, fats, as well as vitamins and minerals. Fiber is a healthful component of food that is similar to a nutrient. Although carbohydrates, proteins and fats are nutrients, a nutrient dense, or nutrient-rich food is full of beneficial vitamins, minerals and fiber. It's a good idea to have a diet that is mostly made up of nutrient-dense foods.

Foods like whole grains, fruits, vegetables, low fat and fat-free milk, lean meats and plant-based protein sources are all nutrient dense foods that provide lots of benefits for the body:

- Proper functioning of all systems inside the body
- Healthy skin and organs
- Weight control
- Disease prevention
- Feeling healthy and energized.

...ENERGY DENSE FOODS?

Energy comes from all of the foods that we eat. Carbohydrates, protein and fats are the nutrients that provide our bodies with energy. Energy dense foods are those that are high in calories. Many energy dense foods are high in carbohydrates with lots of added sugar, and are low in nutrients. Fat is a major source of calories in energy dense foods, contributing 9 calories per gram of fat. Energy dense foods might be healthy, such as high-

calorie olive oil, canola oil, avocado or peanut butter; but it's important to watch the amount of healthy fat you eat because the calories add up quickly. Restaurant meals, salty snacks, cheese or butter added to vegetables, sweets like ice cream and candy, and pizza are examples of energy dense foods. Eating energy dense foods in moderation will help you control your calorie intake, and will prevent weight gain, help you lose weight, and help you maintain a healthy weight.