



# Nutrient Density

## What Is It?

Nutrient density refers to the amount of beneficial nutrients in a food in proportion to how many calories it has (or its energy content).

Healthy, whole foods provide us with essential vitamins, minerals, amino acids (that form protein), fatty acids and more.

Nutrient-dense foods are real and unprocessed as opposed to chemically altered, and with synthetic ingredients.

## Nutrient Profile

Nutrients found in healthy, whole food include micronutrients such as essential vitamins, trace minerals and electrolytes. Additionally, they contain macronutrients such as carbohydrates (both “simple” and “complex”), proteins (amino acids) and different types of healthy fats. Micro & macro-nutrients are needed for a whole diet.

## Weight Maintenance Connection

In addition to preventing nutrient deficiencies, eating whole foods is beneficial for maintaining one's weight.

A diet that includes high-fiber, nutrient-dense foods can lead to better weight management, since this approach cuts out empty calories from things like added sugar, processed grains and refined oils.

In fact, because nutrient-dense foods are low in calories to begin with (because they tend to have lots of fiber, water and no additives), you may be able to actually eat MORE food but still lose weight.

## Top 30 Nutrient Dense Foods

1. Seaweeds
2. Liver (beef and chicken)
3. Leafy greens, like kale, collards, spinach, watercress, dandelion greens and arugula
4. Broccoli rabe, broccoli, cauliflower; other cruciferous veggies: cabbage, Brussels sprouts
5. Exotic berries like acai, goji, camu
6. Red, yellow, green, orange bell peppers
7. Carrots and parsnips
8. Garlic
9. Parsley, cilantro, basil and other herbs
10. Berries (blueberries, raspberries, blackberries)
11. Asparagus
12. Beets
13. Wild salmon and sardines
14. Bone broth
15. Grass-fed beef
16. Green beans
17. Egg yolks
18. Pumpkin
19. Lentils
20. Artichokes
21. Tomatoes
22. Wild mushrooms
23. Seeds: pumpkin, sunflower, chia and flax
24. Raw cheese and kefir
25. Sweet potatoes
26. Black beans
27. Wild rice
28. Yogurt
29. Cacao
30. Avocado

## Sample Menu

### Breakfast:

Egg scramble with diced peppers, basil, garlic w/ sweet potato hash & side fresh berries.

### Lunch:

Black bean, lentils, diced sweet potatoes - over wild rice, topped with tomato, avocado & seeds.

### Dinner:

Wild salmon, carrot & parsnip blended with bone broth puree and steamed brussel sprouts.