



Energy Density vs. Nutrient Density

Energy Dense: generally higher in calories, lower in nutrients (vitamins & minerals) per serving

- Butter, candy bars, cookies, sugar-sweetened beverages, ultra-processed foods

Nutrient Dense: generally lower in calories, higher in nutrients per serving

- Fruits, vegetables, whole grains, legumes, nuts & seeds, low-fat dairy, lean protein

Some foods are both Energy Dense and Nutrient dense!

Examples: avocados, peanut butter, nuts, & cheese!



You can eat more food with fewer calories when you focus on nutrient dense foods!

Tips to Increase Nutrient Density!

- Add more vegetables, fruits & legumes to meals and recipes
- Swap in whole grain for refined grain products
- Cut out sugar-sweetened beverages

	Small Apple with 1 Tbsp Peanut Butter	Snickers Bar
Weight	6 oz.	2 oz.
Calories	170	280
Carbohydrates	24 g	35 g
Fiber	4 g	1 g
Sugar	17 g	29 g
Protein	4 g	4 g



vs.

