

# Nutrient Dense

## What does "Nutrient Dense" mean?



Forget about counting calories! What's more important is how rich or "dense" in nutrients the foods are that you consume. Nutrient dense refers to a food that supplies large amounts of nutrients relative to the number of calories it contains. The higher the level of nutrients and the fewer the number of calories, the more nutrient dense the food is. (1)

The more nutrient dense the food is, the lesser calories and fat the food tends to have. For example, a baked potato contains more iron and vitamin C for its calories than french fries. Hence this more nutrient dense! So aim to choose nutrient dense foods instead of counting calories!

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## Carbs & Nutrient Density

When you eat any form of carbs, your body uses energy (micronutrients) to metabolize the sugar in the food. During this process, the food is broken down so it can be used by your cells (our powerhouse for energy) Your cells need both macro and micronutrients along with B vitamins to metabolize the carbs and turn them into energy. This is the where good carbs vs. bad carbs make a difference because of their nutrient density and if your cells can use them.

This correlates with your Glycemic Index, and why you feel tired after eating certain foods. The amount of sugar that you put in your coffee counts as a carbohydrate (a bad one) with additional calories and no nutrients. However, a small sweet potato contains about 60 calories in carbohydrate (1) form but also feeds your cells with B vitamins, phosphorous, magnesium, iron, manganese, zinc and chromium (an essential blood sugar/metabolism regulator by the way!!!) The sweet potato give you the macro and micronutrients that you need!

So be conscious of starting to choose nutrient dense foods so you can properly feed your cells and you will feel energized for longer throughout the day instead of having peaks and valleys.