

# YOUR GUIDE TO NUTRIENT DENSE EATING

SIMPLE. MINDFUL. SCIENCE-BASED



## COLORFUL

The more colors from fruits and vegetables in your meal, the more nutrients present. For example, the anthocyanin pigments in berries contribute to their anti-oxidant properties.



## COMPLEX CARBOHYDRATES

The more fiber in a carbohydrate, the more complex it is. Adding fiber to your meal will help keep you fuller longer. Ladies, aim for 25 g/day. Gent, aim for 38 g/day.



## LEAN PROTEIN

Aim to make all protein sources low in saturated fat. Lean protein contains 7 g of protein and 0-3 g of fat per serving. Examples include 2 egg whites, 1 oz salmon, or 1/4 cup cottage cheese.



## HEALTHY FATS

Unsaturated fats are primarily vegetable and are liquid at room temperature. One serving is 5 g. Think 2 Tbsp avocado, 1 tsp olive oil, or 1 1/2 tsp nut butter (no trans-fat).



## NUTRIENTS TO LIMIT

Avoid added sugars, trans-fats, limit excess sodium and saturated fats.