

SWITCHING TO NUTRIENT-RICH FOODS FOR A HEALTHIER DIET

It is time to replace the ineffective system of food deprivation with one of enjoyment and to shift from a philosophy of avoidance to one of encouragement. The time has come to embrace a more positive and balanced approach to eating well, focusing on tasty and nutrient-rich foods that can bring positive health benefits. Selecting nutrient-rich foods will allow consumers to satisfy nutrient requirements without exceeding their energy needs. Identifying foods that are nutrient-rich is the goal of this infographic.



NUTRIENT DENSITY: THE CONCEPT OF NUTRIENT RICHNESS

The core concept of **nutrient density** is "the concentration of nutrients per amount of that food or caloric contribution of that food". Simply stated, nutrient density means how many nutrients you get from a food, given the number of calories it contains. For a same amount of calories, a nutrient-rich food provides **many more nutrients than calories** relative to the body's needs.



* monounsaturated fatty acids
** polyunsaturated fatty acids

Another simple approach is to consider the richness in and the balance between "nutrients to encourage" (such as vitamins, minerals, protein etc...) versus "nutrients to limit" (such as sodium, added sugars, trans and saturated fats, which indeed provide mainly calories).

To keep in mind: Nutrient-rich foods mainly contain more "nutrients to encourage" rather than "nutrients to limit".

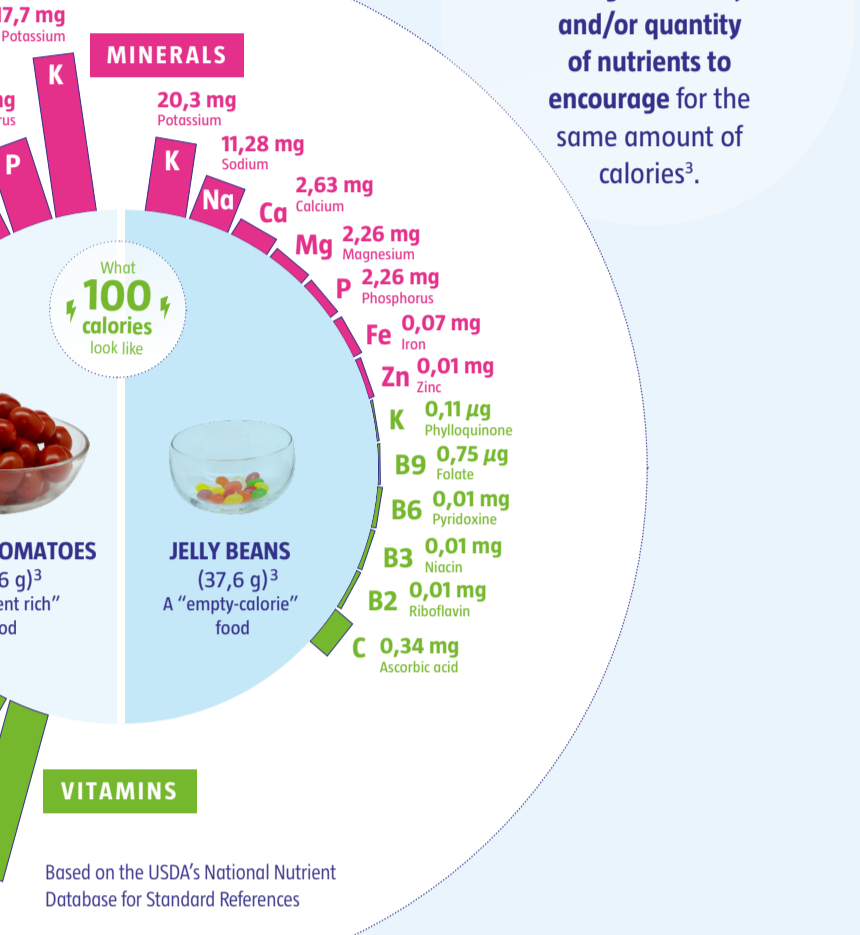


NUTRIENT-RICH FOODS & BEVERAGES VS. EMPTY-CALORIE FOODS & BEVERAGES

To feed our body's needs, we need a good balance of macro- and micronutrients. **Macronutrients** such as protein, carbohydrates and fat are nutrients that our bodies need in large amounts to create energy and fuel the activities of every physiological system. **Micronutrients** (vitamins & minerals) are essential to our overall health and wellness.

But while all foods & beverages contain nutrients, it is important to distinguish "nutrient-rich" from "empty-calorie" foods & beverages.

Indeed, an "empty-calorie" food or beverage carries mainly calories but is **poor or even "empty" in nutrients to encourage...**

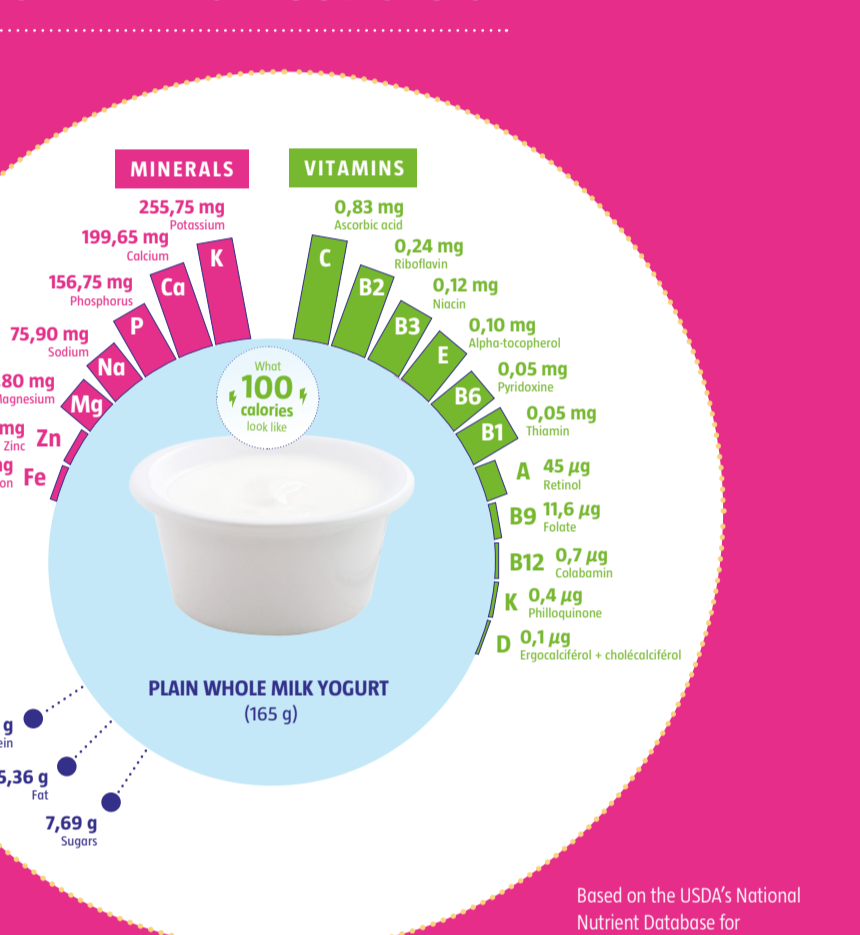


Based on the USDA's National Nutrient Database for Standard References

... whereas a "nutrient-rich" food or beverage provides a **larger diversity and/or quantity of nutrients to encourage** for the same amount of calories³.



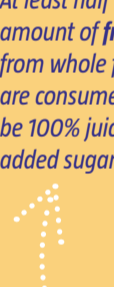
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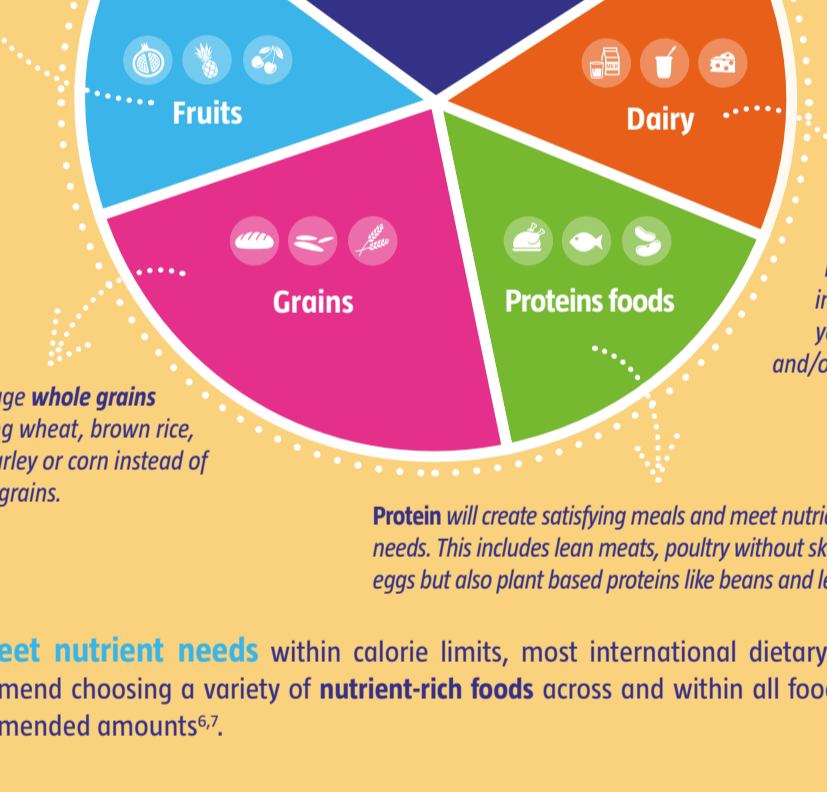
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Choosing a variety of nutrient-rich foods in our daily diet while limiting empty-calorie foods (which are also often energy-dense foods) could reduce the overall energy density and therefore facilitate weight management⁴.

⁴Although fruit juice can be part of healthy eating patterns, it is lower than whole fruit in dietary fiber and when consumed in excess can contribute extra calories. Therefore, at least half of the recommended amount of fruits should come from whole fruits. When juices are consumed, they should be 100% juice, without added sugars⁵.



YOGURT, A NUTRIENT-RICH FOOD CHOICE



Based on the USDA's National Nutrient Database for Standard References

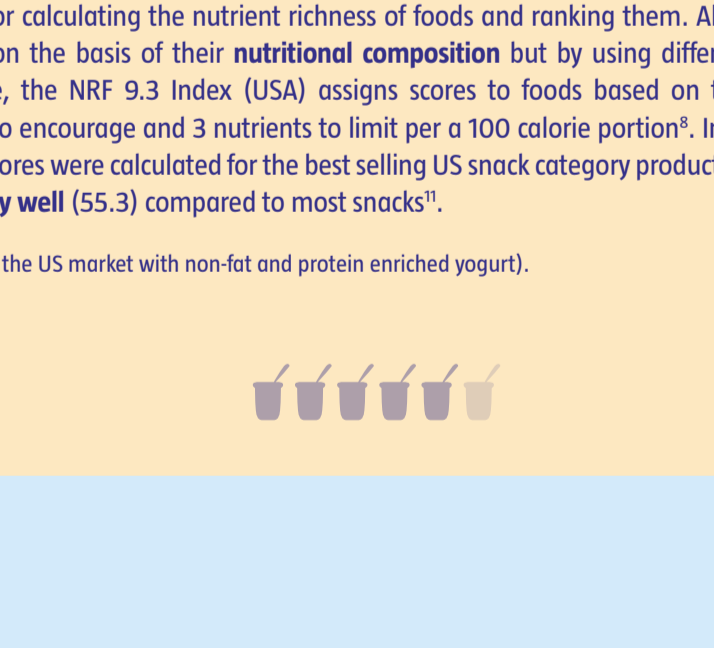
Yogurt provides a high proportion of nutrients to encourage, helping people to meet their nutritional requirements for a relatively low number of calories in a portion (calories per gram or energy density). Indeed, yogurt brings numerous positive nutrients like calcium, zinc, potassium and also vitamins such as B vitamins and good-quality proteins with a relatively low content in saturated fats and sodium. In such a context, yogurt is considered as a **nutrient-rich food** which is also low in calorie density^{3,4}.



NUTRIENT-RICH FOOD CATEGORIES

At least half of the recommended amount of **fruits** should come from whole fruits. When juices are consumed, they should be 100% juice, without added sugars.

Vegetable choices over time should vary and include many different vegetables, with limited additions such as salt, butter, or creamy sauces.

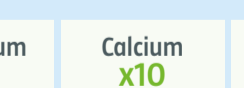


Encourage whole grains including wheat, brown rice, oats, barley or corn instead of refined grains.

Whole-fat or low-fat dairy, including milk, yogurt, cheese and/or fortified soy beverages.

Protein will create satisfying meals and meet nutrient body needs. This includes lean meats, poultry without skin, fish and eggs but also plant based proteins like beans and lentils.

To meet nutrient needs within calorie limits, most international dietary guidelines recommend choosing a variety of **nutrient-rich foods** across and within all food groups in recommended amounts^{6,7}.

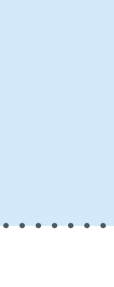


YOGURT AS A SNACK: HIGH SCORE OF NUTRIENT RICHNESS



A variety of "nutrient profiling systems" (NRF⁸, SAIN-LIM⁹, SSCg3d model¹⁰,...) have been developed for calculating the nutrient richness of foods and ranking them. All of the systems rank foods on the basis of their **nutritional composition** but by using different algorithms. For example, the NRF 9.3 Index (nutria) assigns nutrients to limit per a 100 calorie portion⁸. In a recent study, NRF Index scores were calculated for the best selling US snack category products. **Yogurt scores exceptionally well (55.3)** compared to most snacks¹¹.

(Calculated for the US market with non-fat and protein enriched yogurt).



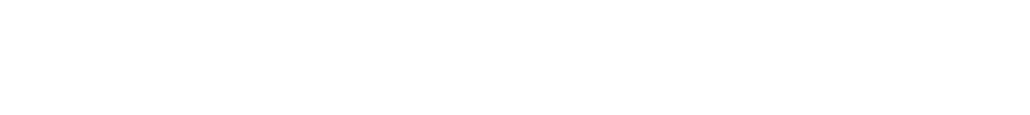
SWAP TO MORE NUTRIENT-RICH FOODS...

TO GET MORE NUTRIENTS...³



Based on the USDA's National Nutrient Database for Standard References

BUT ALSO TO ENJOY BIGGER PORTIONS (FOR A SIMILAR AMOUNT OF CALORIES)^{3,4,12}



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Learn more about yogurt at www.yogurtinnutrition.com

- References
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