



algorithms. For example, the NRF 9.3 Index (USA) compared to most snacks<sup>11</sup>.







### Learn more about yogurt at www.yogurtinnutrition.com

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A variety of "nutrient profiling systems" (NRF<sup>8</sup>, assigns scores to foods based on their content of SAIN-LIM<sup>9</sup>, SSCq3d model<sup>10</sup>,...) have been developed for 9 nutrients to encourage and 3 nutrients to limit per a calculating the nutrient richness of foods and ranking 100 calorie portion<sup>8</sup>. In a recent study, NRF Index scores them. All of the systems rank foods on the basis of were calculated for the best selling US snack category their **nutritional composition** but by using different products. **Yogurt scores exceptionally well** (55.3)



### SWAP TO MORE NUTRIENT-RICH FOODS...



# **SWITCHING TO** NUTRENTERICH **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.



The core concept of **nutrient density** is "the concentration Another simple approach is to consider the richness in and of nutrients per amount of that food or caloric contribution the balance between "nutrients to encourage" (such as of that food". Simply stated, nutrient density means how vitamins, minerals, protein etc...) versus "nutrients to limit" many nutrients you get from a food, given the number (such as sodium, added sugars, trans and saturated fats, of calories it contains. For a same amount of calories, a which indeed provide mainly calories). nutrient-rich food provides many more nutrients than calories relative to the body's needs.



## 2

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

To feed our body's needs<sup>2</sup>, we need a good balance of Micronutrients (vitamins & minerals) are essential to macro- and micronutrients.

Macronutrients such as protein, carbohydrates and fat are But while all foods & beverages contain nutrients, it is energy and fuel the activities of every physiological system. calorie" foods & beverages.



\*Although 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 sugars<sup>5</sup>.

our overall health and wellness.

nutrients that our bodies need in large amounts to create important to distinguish "nutrient-rich" from "empty-



## YOGURT, A NUTRIENT-RICH FOOD CHOICE

encourage, helping people to meet their nutritional and good-quality proteins with a relatively low content requirements for a relatively low level of <u>calories in a</u> in saturated fats and sodium. In such a context, yogurt portion (calories per gram or energy density). Indeed, is considered as a nutrient-rich food which is also low in yogurt brings numerous positive nutrients like calcium, calorie density<sup>3,4</sup>.

Yogurt provides a high proportion of nutrients to zinc, potassium and also vitamins such as B vitamins





### **NUTRIENT-RICH FOOD CATEGORIES**



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

**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<sup>6,7</sup>.