# More Nutrition Bang for Your Buck

As we age, our bodies slow down and we need less calories. Yet, we still need plenty of nutrients such as vitamins, minerals, and fiber. For that reason, the foods we eat should be nutrient dense.

Nutrient-dense foods are high in nutrients but relatively low in calories.

- Nutrient-dense foods contain fiber, vitamins, minerals, complex carbohydrates, lean protein, and healthy fats.
- Nutrient-dense foods include fruits and vegetables, whole grains, low-fat or fat-free milk products, seafood, lean meats, eggs, peas, beans, and nuts.

White Bread vs. Whole Grain Bread. Which is more nutrient-dense?

Both have 80 calories per slice, but the white bread has few vitamins and minerals. The whole-grain has more protein, three times the magnesium, and more than double the fiber, potassium, vitamin B6 and zinc. *The whole-grain option is more nutrient-dense.*
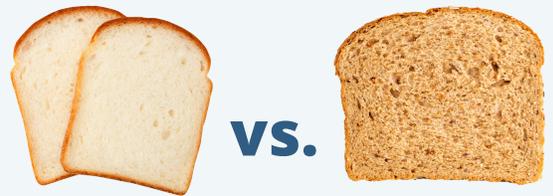
Cola vs 1% Milk. Which is more nutrient dense?

Cola and milk have about the same number of calories. Cola has few other nutrients besides carbohydrates from sugar. Milk includes protein, vitamin D, calcium, potassium, and vitamin A. *Milk is more nutrient dense.*

3 Tips To Eat More Nutrient-Dense Foods

1. Eat whole fruits and vegetables.
2. Choose whole grains like whole wheat, oats, and brown rice.
3. Consume proteins such as beans, nuts/nut butters, lean meats, and fish.

Schuyler County Office for the Aging

QUESTIONS?
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