

Nutrient-Rich Foods & Dairy

Consuming nutrient-rich foods is an excellent way to get the most nutrition for the calories. Focusing on foods and beverages rich in vitamins, minerals and other important nutrients rather than foods and nutrients to avoid, can help both children and adults meet nutritional recommendations, maintain a healthy weight and help achieve better overall health.



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Fast Facts

Q: Why should I focus on nutrient-rich?

A: Consumption of nutrient-poor and calorie-dense foods coupled with more sedentary lifestyles has contributed significantly to the “overweight and undernourished” issue prevalent among so many Americans today. Children and adults are missing out on vital nutrients because they are not choosing to consume foods and beverages that provide significant amounts of vitamins, minerals, protein and fiber for the fewest calories. By selecting foods and beverages that are more nutrient-rich, you will get more nutrition for the calories and achieve better overall health.

Q: What is the easiest way for me to include nutrient-rich foods in my diet?

A: Choose nutrient-rich foods first! Building a diet based on nutrient-rich foods and beverages first, is an easy and effective way to make better choices within one’s daily eating plan. Try choosing from the five basic food groups for the greatest benefits:

- Low-fat and fat-free milk, cheese and yogurt
- Vibrantly colored vegetables
- Brightly colored fruits including 100% fruit juices
- Enriched and fiber-rich whole grains
- Lean meats, skinless poultry, fish, eggs and nuts

It’s easy: Just add one more! On average, most Americans are consuming about two servings of dairy daily. Adding just one additional serving of nutrient-rich milk, cheese or yogurt every day can help most people meet their daily dairy requirements and fill some of America’s nutrient gaps. Fill up a glass of low-fat or fat-free milk for a snack, enjoy a hot or cold latte in the morning or prepare a delicious milk and yogurt fruit smoothie for a quick pick-me-up!

Review the Research

The Nutrient Rich Foods (NRF) approach was developed based on a long-standing dietary principle in nutrition guidance—nutrient density. Nutrient density describes the ratio of the amount of a nutrient in foods to the calories provided by these same foods. The Nutrient Rich Foods Coalition (NRFC) in partnership with leading scientific researchers, health professionals, commodity organizations and others worked together to develop a scientifically valid and consumer relevant definition of nutrient density as well as a more consumer-friendly food guidance system to help in choosing foods to eat. Based on consumer research, the term “nutrient-rich” was developed to describe this concept. www.nutrientrichfoods.org

Check it! On your next shopping trip, try shopping the perimeter of the grocery store for the best selection of naturally nutrient-rich foods and beverages. Use the Nutrient-Rich Shopping List located in the “Living Nutrient-Rich” section of www.nutrientrichfoods.org.

Choosing Three Servings Every Day

Nutrient-rich milk, cheese and yogurt are easy to include in your every day diet. Choose reduced-fat, low-fat or fat-free options to fit nutrition needs.

Milk-- 8 ounces (1 cup)
Natural Cheese-- 1 1/2 ounces
Yogurt-- 8 ounces (1 cup)

Serve milk and flavored milk with meals, offer fruit and yogurt for breakfast and snack time, add cheese to sandwiches or salads at lunch and dinner. For more great ideas and recipes featuring Wisconsin cheese, milk and yogurt, visit both www.EatWisconsinCheese.com and www.NationalDairyCouncil.org/recipes.