

Strategies for Selecting Nutrient-Dense Choices

Shift to consume more vegetables



Strategies:

- Swap out a high-calorie side dish with steamed veggies
- Add more veggies to your mixed dishes (casseroles, soups, etc.)
- Serve a green salad at dinner
- Snack on fresh veggies

Nutrient-dense selections:

- All vegetables are good choices!
- Dark green
- Red & orange
- Beans & peas
- Starchy
- Other



Shift to consume more fruits

Strategies:

- Choose fruit as your snack
- Add fruit to cereal or salads
- Serve fruit as dessert or as a dessert topping

Nutrient-dense selections:

- Fresh fruit
- Canned fruits (in 100% fruit juice or with no added sugar)
- Frozen fruit



Shift to make half of all grains consumed be whole grains

Strategies:

- Choose foods that have "whole grains" listed as the first ingredient
- Choose whole grain versions of bread, rice, pasta & crackers
- Limit refined grain desserts

Nutrient-dense selections:

- Whole grain bread or pasta
- Brown rice
- Quinoa
- Oats/oatmeal
- Plain popcorn



Shift to eating a variety of nutrient-dense protein foods

Strategies:

- Serve seafood twice a week
- Eat meats without breading
- Substitute plant proteins (like legumes) for half the meat in a mixed dish
- Grill instead of fry your meat

Nutrient-dense selections:

- Non-breaded seafood
- Chicken or turkey (no skin)
- 90% lean beef or pork
- Beans (any kind), peas, lentils
- Eggs
- Nuts



Shift to consuming nutrient-dense dairy products

Strategies:

- Drink lower-fat milk with meals
- Prepare sauces & dips with yogurt instead of sour cream
- Swap out high-fat dairy products with lower-fat options

Nutrient-dense selections:

- Fat-free or low-fat milk
- Fortified soy beverages
- Plain yogurt (lower-fat versions)
- Cheese made with 2% milk
- Frozen yogurt



Shift from solid fats to oils & to reduce saturated fats to <10% of calories

Strategies:

- Cook with oils instead of solid fats like butter or shortening
- Eat foods that are natural sources of oils (nuts, seafood)
- Limit foods made with hydrogenated oils or solid fats

Nutrient-dense selections:

- Nuts
- Seafood
- Vegetable oils (non-hydrogenated)
- Oil-based spreads
- Lean meats/poultry



Shift to reduce added sugars to <10% of calories

Strategies:

- Drink unsweetened beverages or those low in added sugars
- Drink sugar-sweetened drinks less often
- Choose unsweetened or no-sugar-added canned fruits or yogurt
- Eat smaller portions of sweet snacks or desserts



Shift food choices to reduce sodium intake

Strategies:

- Choose lower-sodium packaged foods
- Eat fresh poultry or seafood instead of processed versions
- Limit sauces, mixes, and "instant" food products
- Flavor your meals with herbs instead of salt

One shift I can make to my diet is _____



THE OHIO STATE UNIVERSITY

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