

# NUTRIENT-DENSE SHOPPING LIST

## What are nutrient-dense foods?

Nutrient-dense foods are those that provide the most vitamins, minerals, and phytonutrients for the fewest calories. They are the exact opposite of “empty calories”. Choosing the highest quality foods helps make the most of daily caloric intake and should provide the majority of calories in any healthful diet. Different sources define what constitutes a nutrient-dense food differently, but most experts would agree that nutrient-dense foods are wholesome and void of additives that do not promote health and well-being.

### Fresh Fruits

- Apricots
- Bananas
- Berries
- Cantaloupe
- Grapes
- Kiwi
- Mangoes
- Oranges/Clementine's
- Papaya
- Peaches
- Nectarines
- Pomegranates
- Watermelon

### Canned Foods

- Beans and lentils, canned or dry
- Fruit in water or own juice
- Sardines
- Soup, low sodium
- Tuna, lite in water
- Vegetables (including tomato sauce)

### Packaged Snacks

- Dried fruit
- Nuts, unsalted
- Popcorn, air popped or lite
- Sunflower seeds

### Dressings/Oils/Sauces

- Fruit-only spreads or low-sugar spreads
- Herbs and spices
- Hummus
- Oil, canola, olive, and walnut
- Salad dressing, low fat
- Salsa
- Tomato sauce, no added salt

### Breads/Grains/Cereals

- Amaranth
- Barley
- Bread, 100% whole wheat or grain
- Brown rice
- Bulgur
- Cereals, whole grain or bran
- Crackers, whole wheat
- Oats and oatmeal
- Pasta, 100% whole wheat
- Pita bread, whole wheat
- Quinoa
- Spelt
- Tortilla, whole wheat

### Frozen Foods

- Fruit
- Fruit-juice bars
- Vegetables without sauce
- Veggie burgers
- Waffles, whole grain

### Protein

- Eggs
- Ground beef (90%-95% lean)
- Beef, eye round roasts
- Pork loin
- Salmon
- Sirloin steak
- Skinless poultry

### Vegetables

- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Leafy greens
- Peppers
- Sweet potatoes
- Tomatoes

### Dairy

- Reduced-fat cheese
- Low-fat cottage cheese
- Skim or low-fat milk
- Fat-free or low-fat yogurt

### Beverages

- 100% fruit juice
- Vegetable or tomato juice, low sodium