

Healthy Handout

Volume 1
Issue 8

Nutrient Density

Improving Your Health with Food

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No matter what pill or miracle product is popular with the market, diet and exercise remain the two most important factors in weight loss. Exercise is always beneficial when done properly, but most people run into trouble when it comes to diet.

Part of the reason is that people diet or go on diets instead of just eating healthy foods. Most diets (as in dieting programs) focus heavily on the three macronutrients: fat, carbohydrates and protein. In his book *Eat to Live*, Dr. Joel Fuhrman explains that more emphasis should be placed on micronutrients like vitamins and minerals.

When a food is high in micronutrients and low in calories, Fuhrman classifies that food as nutrient-dense. Using his Aggregate Nutrient Density Index (ANDI), Fuhrman ranks foods from 1-1,000 with 1,000 being the best.

Similar to the Glycemic Index, Fuhrman's ANDI ranking system doesn't aim to cut foods completely from your diet. Instead, it encourages you to eat more nutrient-dense foods. Kale, for example, is one of the foods that's rated 1,000. By eating leafy vegetables like kale, collard greens and spinach, you can absorb more of the vitamins that your body needs to function.

Now, Dr. Fuhrman has written several books about nutrient density, so we can't



Kale is the new spinach. Open wide.

cover all the details in this newsletter. However, we can touch on some basic concepts such as which foods to eat and how a nutrient-dense diet can benefit you.

In general, Fuhrman advises that you eat a large amount of fresh fruits, colorful vegetables and beans. Things like starchy vegetables, whole grains, fish, dairy, nuts and seeds can be eaten in moderation. Everything else, such as red meat and refined grains should be eaten less frequently.

Again, this is not to say that you should never eat red meat or sweets. The purpose is to achieve balance in your diet. By eating foods with a high ANDI score, you can lose weight without eating less food. Foods with high ANDI scores have fewer calories, making it easier to burn off the

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Store Information

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Hours

Mon-Fri 9 a.m.-7 p.m.
Sat..... 9 a.m.-5 p.m.



“Making it easier to be healthy.”

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calories you consume.

For example, a serving of kale has 33 calories, and a baked potato has 278. Therefore, you would have to do less work to burn off a serving of kale than potatoes. So if that's the case, why balance your diet with lower ANDI foods?

Well, first of all, no one wants to eat nothing but kale for the rest of their lives. That's just a depressing thought. More importantly, though, your body needs calories. In fact, your body requires about 1,400 calories just to function.

So, if you ate nothing but low calorie leafy vegetables, you might not get the minimum amount of calories you need. In that case "healthy" food may be harmful to your health.

Fuhrman's book *Eat to Live* has more

detailed information on the ANDI system. However, there are a few things to keep in mind. Unlike the glycemic index, ANDI values don't average out. So if you have some 1,000 point kale and some 13 point pretzels, it doesn't make the kale any less nutritious. You get all those vitamins and minerals from the kale.

It's best to approach your new diet gradually. Start simply by adding a serving of fruit or nuts in the morning and a serving of dark leafy greens with dinner.

Also, look online for recipes for foods you're unfamiliar with. If you find something you like, it will be easier to stick to your new habits.

Upcoming Events

September 12

Anniversary
Celebration
9 a.m.-2 p.m.



September 19 Self Defense for

Women
11 a.m.



September 21 Healthy Habits

6:30 p.m.



September 28 Gluten Free

Support Group
6:30 p.m.



Questions?

Visit our website for more information about our programs.

Quick ~ Healthy ~ Delicious

Kale Chips

- 1 cup kale
- 1 tsp olive oil

Preheat oven to 350 degrees. Wash kale and pull the leaves away from the stalk. Place the kale on a baking sheet and drizzle the olive oil on the kale. Bake for 10 minutes or until edges of leaves are crispy. Eat plain or sprinkle your favorite seasoning to add flavor.

Dr. T. Says...

Eating nutrient-dense foods can help you lose weight and keep it off long term. Here are some things to remember when changing your eating habits.

- **Start slow. Try to eat one nutrient-dense meal per day.**
- **Focus on micronutrients like vitamins and minerals, rather than macronutrients like fat, protein and carbs.**
- **Remember to eat a variety of foods. Eating too few calories can be just as harmful as eating too many.**

For more information on nutrient density, you can read Dr. Fuhrman's book *Eat to Live*. Thanks for reading!

Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Schuylkill County, Pennsylvania. We are located near Pottsville, Reading, Tamaqua, Pine Grove, and Hamburg. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.