



## Low Calorie, High Nutrient Foods

Succeeding at weight loss just got a little bit easier.

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### Low Calorie, High Nutrient Foods

Have you ever thought about why you are hungry? It may sound like a silly question, but most people say they are hungry because their body needs fuel. And that's right, but really only half right.

When you are hungry, your body is not just looking for fuel but also for nutrients.

Nutrients are the missing part of the equation for most of us when we are looking for something to satisfy our hunger. Nutrients are also one of the keys to feeling full and satisfied longer.

Think about the difference between a donut and an apple you might pick for a mid-morning snack. A typical donut has around 200 calories and almost no nutrients; it will satisfy you for a short period of time (but then you will be hungry again soon). The apple, on the other hand, has around 80 calories and is loaded with nutrients including fiber to help you feel full. The donut is the typical high-calorie, low-nutrient food that we choose too often because it is easy and tastes good. The apple, on the other hand, is the opposite; it is a low-calorie and high-nutrient food that will help us feel truly satisfied.

Scientists have a lot of ways of measuring how nutritious a food is for us, but one of the best is called nutrient density. Nutrient density measures how many nutrients a food has compared to how many calories. The foods that score high in nutrient density are foods such as green leafy vegetables, including kale, arugula, collards, spinach, and the

like. These foods help us lower our caloric intake while giving our bodies the nutrients it is craving.

Here are the best of the high-nutrient, low calorie foods:

- Green Leafy Vegetables: romaine lettuce, green and red leaf lettuces, kale, collard greens, Swiss chard, cabbage, spinach, and bok choy.
- Other Vegetables: artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, peas, green peppers, onions and garlic, mushrooms string beans, squash, tomatoes, and zucchini.
- Beans: kidney beans, pinto beans, soybeans, lentils, black-eyed peas, black beans.
- Fruits: apples, apricots, blackberries, blueberries, grapefruit, grapes, kiwis, mangoes, nectarines, all melons, oranges, peaches, pears, pineapples, plums, strawberries, tangerines.

Try and get as many of these nutrient-dense foods on your plate as you can. The more the better.

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