

Mayo Clinic Minute

Why nutrient-dense food is so good for you

VIDEO	AUDIO
	The idea that big things come in small packages is certainly true of blueberries.
Graphic: Nutrient-dense food	This tiny fruit is filled with healthy stuff and is an excellent example of a nutrient-dense food.
Title: Kate Zeratsky Dietitian Mayo Clinic	“Nutrient-dense food is looking at a quantity of food and, kind of, the value of the nutrition you might get from eating it.”
Graphic: Fiber Vitamins Minerals Antioxidants	Mayo Clinic dietitian Kate Zeratsky says nutrient-dense foods pack a healthy punch, delivering nutrients like fiber, vitamins, minerals and antioxidants.
Kate Zeratsky	“The next question is going to be, “Well, how much of that do I want to include in my diet?”
	When you’re talking about fruits and vegetables, the answer is a lot.
Kate Zeratsky Graphic: Nutrient-dense Low-calorie	“Not only are they nutrient-dense, but they are low in calories.”
Kate Zeratsky	“Still very nutritious. But it allows you to eat a larger quantity.”
Graphic: Nutrient-dense High-calorie	Be aware though, some nutrient-dense foods – like fish, nuts and seeds – are higher in calories.
Kate Zeratsky	“And, so, we’ll want to be more cautious about our portions of those foods.”
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I’m Jeff Olsen.