Using Nutrient Dense Food to Maintain a Healthy Weight

Our bodies are hardwired to crave nutrient dense foods as a way of maintaining good health. What exactly are nutrient dense foods? How can you spot them in the wilds of the grocery store or farmers' market isles? Let's explore.

Nutrient dense foods contain a concentrated source of vitamins and minerals that your body requires to continually rebuild itself. They give us the most nutrients for the least amount of calories. When your nutrition program is based on nutrient dense foods, it takes less food to satisfy you, as your body doesn't need to "hunt" for the nutrients it requires.

This "hunt" manifests as uncontrollable cravings. Unfortunately, by the time the cravings hit, the body is looking for something right away and we typically respond with the fastest versus the wisest choice. Sugary, nutrient-free snacks seem to do the trick short term, however once they are quickly digested, the body resumes its search for nutrients - and the cravings begin anew.

This scenario would have a different ending had we provided the body with nutrient dense food that would digest slowly, furnish the body with the nutrients it was seeking and result in a feeling of satiety.

We all know the Calories-In Calories-Out Theory. Burn more calories than you eat and you will loose weight. This is not really the case. The truth is, 1500 processed food calories and 1500 nutrient dense calories have a very different effect on the body. 1500 processed foods calories quickly elevate insulin levels and lead to fat storage - and leave the body craving more food. 1500 nutrient dense calories digest slowly, provide the body with the nutrients it needs, and leave the body feeling satisfied while maintaining balanced insulin levels.

How Can You Spot Nutrient Dense Foods? Simple:

- Typically only one ingredient
- Most often, no packaging and no label to read
- As close as possible to how the food comes from its natural source
- A generalized rule of thumb: The more ingredients, the less nutrient dense the food product

Most of us strive to maintain a healthy weight in order to be healthy. And, many of us struggle to lose weight to attain a healthy weight. If you are interested in losing weight using nutrient dense foods to satisfy your body's needs and maintain a healthy weight, think about joining us for our next Whole Foods Nutrition Program. This program will give you the tools you needs to effectively transition to a nutrient dense eating plan.