

# Total Nutrition

## Get The Most Nutrition Per Bite

by *Mindy Hermann, R.D.*

(NAPSA)—I love shopping when I feel that I'm getting good value for my money. I've started doing the same with eating by choosing foods that give me the most nutrition for the bite and for the calories.



**Mindy Hermann**

Experts use the term "nutrient density" to describe the amount of vitamins, minerals and other nutrients in a food, compared to its calories. Cantaloupe, for example, is a high-nutrient-density food because a cup supplies 100 percent of the Daily Value (DV) for vitamins A and C in only 50 calories. Whole Grain Total likewise has a high nutrient density—a  $\frac{3}{4}$ -cup, 100-calorie serving provides 100 percent of the Daily Value for 12 vitamins and minerals. In comparison, a cake doughnut provides only small amounts of a couple of nutrients, along with over 300 calories.

Certain groups of foods give you good nutrition for the bite. Fruits and vegetables are a sure

bet since most don't have a lot of calories and are high in at least one important nutrient. In the protein family, leaner cuts of beef, pork and lamb; skinless chicken; fish; legumes; and eggs are best bets. Lower-fat milks, yogurts and cheeses are also smarter choices.

Fortified foods are often nutrient dense and supply important vitamins and minerals that may be difficult to get in sufficient quantities. For example, milk is fortified with vitamin D and white flour is fortified with iron and B vitamins. A fortified breakfast cereal like Total provides vital nutrients like iron and folic acid, particularly important for adolescent girls and women of childbearing age; vitamin D, important for bone health and naturally present in very few foods; and vitamin B-12, needed in increased amounts by older adults.

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### Maximize Your Meal

A few simple changes can turn a low-nutrient-density meal into one that delivers much more nutrition, is filling and tastes great!

#### Trade this meal in for....

Dinner roll  
T-bone steak  
Spaghetti in butter  
Iceberg lettuce salad  
Vanilla ice cream

#### Trade this for...

960 calories  
Fiber 16% DV  
Vitamin A 15% DV  
Vitamin C 4% DV

#### This meal

Whole wheat roll  
London broil  
Whole wheat spaghetti, tomato sauce  
Spinach salad  
Mango sorbet

#### This

790 calories  
Fiber 44% DV  
Vitamin A 80% DV  
Vitamin C 30% DV

