# Choosing Nutrient-Dense Foods

This playbook outlines the process of identifying and incorporating high-nutrient, low-calorie foods into your daily diet to improve overall health and well-being.

## Step 1: **Identify Foods**

Research and make a list of foods that are known to be high in essential nutrients such as vitamins, minerals, and fiber, but that are also low in calories. Common examples include leafy greens, fresh fruits, lean proteins, legumes, and whole grains.

## Step 2: **Nutritional Information**

Consult reliable sources such as nutritional labels, dietary guidelines, and registered dietitians to confirm the nutritional value and calorie content of the foods on your list.

## Step 3: **Meal Planning**

Integrate the identified nutrient-dense foods into your meal plans. Ensure you're creating balanced meals that cover all food groups and meet your dietary needs.

## Step 4: **Portion Control**

Learn about appropriate serving sizes and practice portion control to avoid consuming extra calories while ensuring you are getting a sufficient amount of nutrients.

## Step 5: **Shopping Habits**

Adjust your shopping habits to focus on purchasing whole and unprocessed foods rather than calorie-dense processed foods with low nutritional value.

## Step 6: **Track Progress**

Monitor your health and well-being by periodically tracking your dietary habits and making adjustments as necessary to ensure you maintain a high intake of nutrient-dense foods.

# General Notes

## Consult Professionals

Consider consulting with a healthcare provider or a registered dietitian before making significant changes to your diet, especially if you have underlying health conditions.