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# Common Choice Foods vs. Nutrient Dense Foods\*

**Ingredients**

| **Common Choice**  | **Nutrient Dense Choice**  | **Why?**  |
| --- | --- | --- |
| White rice, white bread, white pasta | Brown rice, whole-grain bread, whole-grain pasta | Reduce refined grain intake and increase dietary fiber intake |
| Yogurt | Plain, low-fat yogurt with added fruit  | Decrease fat and added sugar intake |
| Butter | Vegetable oil | Decrease saturated fat intake |
| 2% milk | Low-fat milk | Decrease fat intake  |
| Beef ribs | Lean ground beef | Decrease fat intake  |
| Smoked, salted, or canned meats, poultry, and seafood | Unprocessed meats, poultry, and seafood with no added salt | Decrease sodium intake  |
| Salt | Herbs and spices | Decrease sodium intake  |

\*Cultural and participant preferences should remain a priority during the menu creation process

# Common Choice Foods vs. Nutrient Dense Foods\*

**Recipes**

| **Common Choice**  |  **Nutrient Dense Choice**  | **Why?**  |
| --- | --- | --- |
| Brownie  | Angel food cake  | Decrease fat intake  |
| Fried chicken | Grilled chicken breast | Decrease fat intake  |
| Regular hamburger bun with beef patty  | Whole-grain bun with grilled chicken patty  | Increase dietary fiber intake and decrease fat intake  |
| French fries | Baked sweet potato fries  | Increases vegetable variety along with a decreased fat intake  |
| Pasta with cream-based sauce  | Pasta with mixed vegetables and tomato sauce  | Decrease fat intake while increasing vegetable consumption  |
| Salted vegetables  | Seasoned veggies (not including salt) | Decrease sodium intake  |
| High sugar, ready-to-eat cereal | Whole-grain, fortified with vitamin B-12, ready-to-eat cereal | Decrease added sugar intake, increase dietary fiber intake, increase vitamin B-12 intake  |
| Meat-based chili | Bean chili  | Decreased saturated fat intake, increase plant-protein intake  |
| Boiled vegetables | Roasted or steamed vegetables | Decrease nutrients that are lost during the cooking process |

*\*Cultural and participant preferences should remain a priority during the menu creation process*