Diet Quality is NOT a "Diet"

Unlike diets, your diet quality does not allow you to cut out your favorite foods.

EXAMPLE: Adding a veggie/protein to your favorite pasta dish allows you to still enjoy the pasta while adding in nutrient dense foods.

This helps us to NOT place a moral value on food.

Diet Quality is the overall amount of beneficial nutrients you obtain from the foods you consume.

Why Should You Care About Your Own Diet Quality?

Achieving a Higher Diet Quality comes with a multitude of benefits for physical and mental health, including:

- Maintain healthy bodyweight
- Lower risk of diabetes
- Increased Energy
- Decreased Risk for Depression
- Nutrient-Dense foods also apply to less calorically dense foods, including lean meats, fruits, and vegetables.

Nutritional Density refers to the amount of beneficial ingredients and nutrients found in a food’s energy or caloric content.

Nutrient-Dense Foods

- Salmon
- Nuts
- Avocado
- Dairy Products