WHAT IS DIET QUALITY?

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:

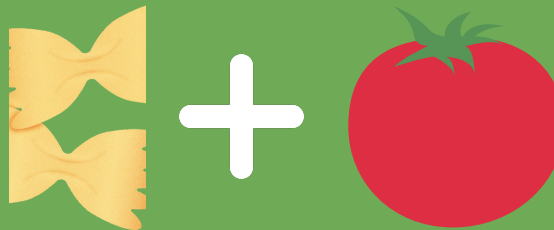**Maintain healthy bodyweight**

Lower risk of diabetes

INSULIN

Increased Energy

Decreased Risk for Depression

Diet Quality

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.

NUTRITIONAL DENSITY

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

Nutrient-Dense foods also apply to less calorically dense foods, including lean meats, fruits, and vegetables.