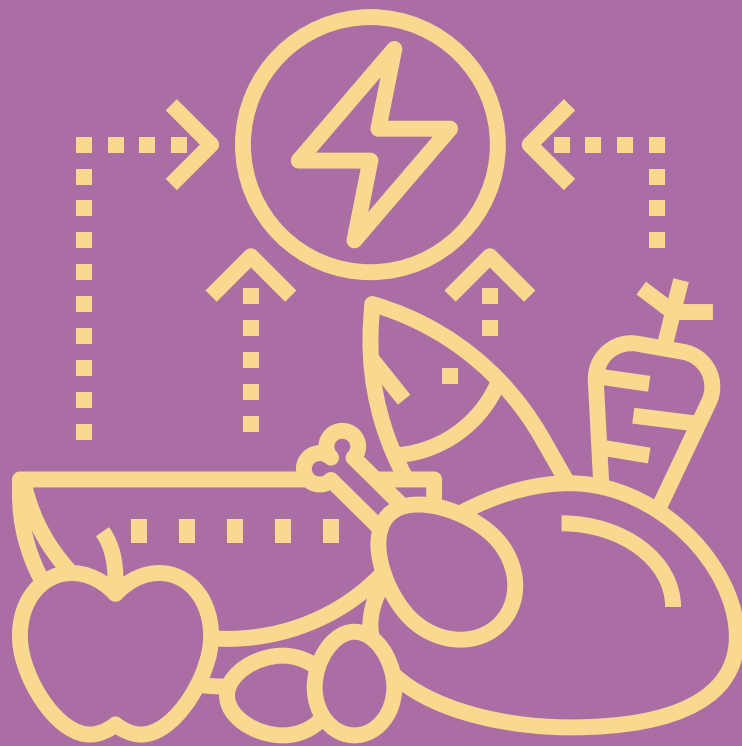


NUTRIENT DENSITY



What is **nutrient-dense** food?

Nutrient density is most commonly defined as the **level of nutrients per unit calorie.**

By using this definition, there is an implicit assumption that all food is nutritionally uniform.

Nutrient Density as the emerging definition measures how nutritious one crop is according to **how its grown and processed.**

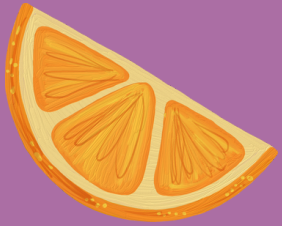


Nutrient density can impact our health

Eating foods high in calories, but low in vitamins and minerals, can **increase the risk** of developing nutritional deficiencies and non-communicable diseases.



Nutrients vs Calories



An orange and an ice cream have the same calories, however, they contain very different **macro and micronutrients**.



Wholegrain carbohydrates (wheat, spelt, rice, etc.) **don't cause sugar spikes** compared to refined carbohydrates.



Increased **anti-oxidant** activity with higher amount of **phytochemicals** in meat and milk of grass-fed vs. monoculture grain-fed animals.



Agricultural practices play an important role in nutrient density

When crops are grown in depleted soil, they can have **less nutrient uptake**. It means that animals and humans consuming those crops have **less access to nutrients**.



Intensive tilling, monoculture, high usage of fertilizers and pesticides can greatly decrease the density of nutrients in our food.

Regenerative agriculture protects the nutrient density in our food.

Recent research has shown evidence that crops grown regeneratively/organically can have **higher nutrient density** than conventionally grown crops.

Healthy soils produces more **nutrient dense** food.

Nutrient dense food has more **beneficial health effects** to animals and humans.



How to measure nutrient density?



The Bionutrient Food Association, developed the **Bionutrient Meter**, a tool for consumers to measure nutrient density in crops as well as carbon in the soil.

Nutrient density can be influenced by cooking preparations.

Food preparation, cooking and processing can **modify** the nutrients' content in food.

Adding **sugar, saturated fats** or **salt** to nutrient-dense foods changes their nutritional values.

Frying vegetables can **reduce** the nutritional value compared to steaming.



Which foods are nutrient dense?

Following a diet full of **vegetables, fruits, whole grains, legumes, nuts, seeds, and animal products from organic/regenerative sources**, minimally processed, with no additives, whilst grown in healthy soil, can provide the **maximum nutrient density**.



Switching to a more nutrient-dense diet can benefit us and the planet.

We are on a mission to spread awareness amongst **health professionals** about the connection between **soil-human health**.

Join us in our mission!

