











# Making Nutrient-Dense Choices: One Food or Beverage At a Time

Every food and beverage choice is an opportunity to move toward a healthy dietary pattern. Small changes in single choices add up and can make a big difference. These are a few examples of realistic, small changes to nutrient-dense choices that can help people adopt healthy dietary patterns.

	Plain Shredded Wheat	Plain, Low-Fat Yogurt With Fruit	Low-Sodium Black Beans	Vegetable Oil	Sparkling Water
NUTRIENT-DENSE					
TYPICAL					
	Frosted Shredded Wheat	Full-Fat Yogurt With Added Sugars	Regular Canned Black Beans	Butter	Soda