Nutrient-Dense
vs. Ultra-Processed

Nutrient-dense foods include fruits, vegetables, whole grains, beans, nuts, seeds, lean meat and poultry, seafood, and skim dairy products. They contain a wealth of nutrients especially when compared to the calories they contain. Try to include more of these!

Ultra-processed foods have added sugar, sodium, saturated fat, and preservatives. Examples include fast food, sugary drinks, candy, bakery items, and processed meat. They contain little — if any — healthful nutrients or fiber and are usually high in calories. Keep these in the occasional treat category.

Source: Dietary Guidelines for Americans.