

MAKE THE MOST OUT OF YOUR MEALS

CHOOSE NUTRIENT-DENSE FOODS

Nutrient-Dense Foods Explained

“Nutrient-dense foods and beverages provide vitamins, minerals, and other health-promoting components and have little added sugars, saturated fat, and sodium.” (Dietary Guidelines for Americans, 2020).

Fill Your Plate with Nutrient-Dense Choices

Vegetables & Fruits: fresh, frozen, low sodium canned

Whole Grains: oats, rice, ancient grains (like quinoa and barley), pasta, bread

Lean Animal or Plant-based Proteins: seafood, fish, poultry, eggs, legumes, nuts, seeds, tofu, tempeh

Nuts and Seeds: tree nuts, peanuts, all seeds (like sunflower, pumpkin and chia)

Beans, Peas, and Lentils: all beans, split peas, lentils

Fat-free and Low-fat Dairy or Plant-based Alternatives: unsweetened milk, low-sugar yogurt, cheese

Benefits of Eating Nutrient-Dense Foods

- **FUEL.** Instead of receiving a boost of energy and crashing after a meal, nutrient-dense foods provide sustained energy, powering us through our day.
- **SATISFACTION.** Nutrient-dense foods make us more satisfied and comfortably full instead of thinking about our next meal.
- **DISEASE PREVENTION.** Nutrient-dense foods may decrease the risk of various health conditions and diseases including heart disease, obesity, and cancer.

Quick Guide for Choosing More Nutrient-Dense Foods

Nutrient-dense foods such as oatmeal, yogurt, and trail mix can quickly lose their nutrient-dense value when food companies add other ingredients. To avoid being fooled, be sure to read the nutrition facts label. The Percent Daily Value (%DV) for each nutrient provides quick insight to help you determine if a serving of food is high or low in a nutrient.

5% DV or less of a nutrient per serving is considered **low**. Choose foods **lower in %DV** for saturated fat, sodium, and added sugars

20% DV or more of a nutrient per serving is considered **high**. Choose foods **higher in %DV** for dietary fiber, vitamin D, calcium, iron, and potassium



CENLA AAA Hot Menu

November 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Hamburger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Fresh Fruit Mustard Ketchup	Ham & Black-eyed Peas Steamed Rice Cabbage Cranberry Juice Cornbread Fresh Fruit Margarine	Bone-in Smothered Chicken Whipped Potatoes California Vegetables Wheat Bread Chocolate Cake Margarine
6	7	8	9	10
Beef with Burgundy Sauce Whipped Potatoes Carrots Wheat Bread Strawberry Craisins Margarine	Chicken Alfredo Mixed Vegetables Brussels Sprouts Wheat Bread Butterscotch Pudding Margarine	Sausage/Red Beans Brown Rice Turnip Greens Pickled Beets Cornbread Apple Juice Margarine	Chicken Salad or Turkey & Cheese Lettuce & Tomato Carrot Raisin Salad Wheat Bread (2) Fresh Orange Mayonnaise	Frito Chili Pie with Cheese Chuckwagon Corn Green Peas Corn Chips Royal Brownie
13	14	15	16	17
Beef Fiesta Mac California Vegetables Green Beans Wheat Bread Fruit & Grain Bar Margarine	Turkey Chili Green Peas Tossed Salad Wheat Bread Strawberry Gelatin Ranch Dressing Margarine	Baked Chicken Breast Apple Cranberry Sauce Chantilly Potatoes Carrots Wheat Bread Marble Cake Ice Cream Margarine	Sausage & Pinto Beans Brown Rice Fruit Juice Blend Cabbage Cornbread Oatmeal Crème Cookie Margarine	Sloppy Joe or BBQ Pork Riblet Ranch Beans Chuckwagon Corn Hamburger Bun Fresh Fruit
20	21	22	23	24
Chicken & Sausage Gumbo w/Rice Whipped Sweet Potatoes Okra & Tomatoes Wheat Crackers Fresh Fruit Margarine	White Beans/Sausage Steamed Rice Mixed Greens Orange Juice Cornbread Fudge Round Margarine	Turkey Breast Brown Gravy Whipped Sweet Potatoes Peas & Carrots Cornbread Dressing Pumpkin Bar Margarine	Closed	Closed
27	28	29	30	
Ham/Honey Glaze or Chicken Breast/Gravy Ranch Potatoes Peas & Carrots Wheat Bread Fig Bar Margarine	Chicken & Sausage Jambalaya Whole Kernel Corn Green Beans/Red Pepper Wheat Bread Oatmeal Creme Margarine	Hamburger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Fresh Fruit Mustard Ketchup	Ham & Black-eyed Peas Steamed Rice Cabbage Cranberry Juice Cornbread Fresh Fruit Margarine	Each Meal is Served with 1/2 Pint of 2% Milk