

Nutrient Dense Foods to Stock Up

Nutrient Dense Foods are foods that provide the body with an abundance of nutrients, vitamins and minerals, fiber without excessive calories. They are not like unhealthy foods that provide limited nutrients (low nutrient density) and loads of calories.

Foods stocked in your pantry should be both affordable and nutrient dense. Choose nutrient dense foods from all The Caribbean Six Food Groups to keep your body nourished and in good health. See below for a list of common Nutrient Dense foods to stock up on a budget!

Staples: nutrient dense staples provide your body with complex carbohydrates that provide adequate energy to conduct your daily tasks, activities as simple as thinking require carbohydrates as fuel. The healthier foods in this group are listed first and provide the body with sugar for energy, fiber, B vitamins, minerals such as iron, magnesium and selenium.

Dasheen	<input type="checkbox"/>	Oats	<input type="checkbox"/>	Cream of wheat	<input type="checkbox"/>	Rice	<input type="checkbox"/>
Cassava	<input type="checkbox"/>	Plantain	<input type="checkbox"/>	Plain Cornflakes	<input type="checkbox"/>	Flour	<input type="checkbox"/>
Green fig	<input type="checkbox"/>	Irish potato	<input type="checkbox"/>	Plain Popcorn kernels	<input type="checkbox"/>	Macaroni/Pasta	<input type="checkbox"/>
Sweet potato	<input type="checkbox"/>	Canned corn	<input type="checkbox"/>	Cornmeal	<input type="checkbox"/>	Crackers	<input type="checkbox"/>





Legumes: made up primarily of peas, beans, nuts and seeds. Legumes are naturally nutrient dense foods. They are very affordable when they are fresh or dried and provide the body with much needed protein, fiber (both soluble and insoluble), iron, folate, antioxidants and healthful starches.



Dried lentils	<input type="checkbox"/>	Dried black eye peas	<input type="checkbox"/>	Dried pink beans	<input type="checkbox"/>
Dried split peas	<input type="checkbox"/>	Dried pigeon peas	<input type="checkbox"/>	Frozen green peas	<input type="checkbox"/>
Dried red beans	<input type="checkbox"/>	Dried black beans	<input type="checkbox"/>	Ground peanuts	<input type="checkbox"/>
Dried channa	<input type="checkbox"/>	Dried pink beans	<input type="checkbox"/>	Almonds	<input type="checkbox"/>



Food from Animals: these foods provide the body with protein, essential fatty acids, iron, B vitamins, vitamin E, zinc, magnesium. The listed lean options of food from animals provide the body with these nutrients without excessive cholesterol, a compound naturally found in food from animals.

	Chicken Breast	<input type="checkbox"/>	Tuna in water	<input type="checkbox"/>	
	Chicken legs	<input type="checkbox"/>	Sardines in water	<input type="checkbox"/>	
	Fresh fish	<input type="checkbox"/>	Canned salmon	<input type="checkbox"/>	
	Eggs	<input type="checkbox"/>	Powdered Milk	<input type="checkbox"/>	

Fruits: these foods provide the body with carbohydrates, potassium, dietary fiber, vitamin C and folate. They provide a variety of nutrients without fat.

	Any fresh fruit	<input type="checkbox"/>	
	Raisins	<input type="checkbox"/>	
	Prunes	<input type="checkbox"/>	
	Coconut water	<input type="checkbox"/>	

Vegetables: these food are low in calories and fat. The nutrients in these foods include potassium, calcium, magnesium, iron, beta-carotene, vitamins B, C, A and K.



Any fresh vegetable	<input type="checkbox"/>
Frozen vegetables	<input type="checkbox"/>
Frozen string beans	<input type="checkbox"/>
Canned vegetables	<input type="checkbox"/>

Fats and Oils: these foods provide the body with energy, essential fatty acids that assist the body in the absorption of fat soluble vitamins A, D, E and K.

Vegetable oil	<input type="checkbox"/>
Peanut butter	<input type="checkbox"/>
Mayonnaise	<input type="checkbox"/>
Margarine	<input type="checkbox"/>
Flaxseed	<input type="checkbox"/>



- **Food Planning Tips during COVID19 Pandemic** ●
- Set a Budget for food items and sticks to it!
 - Check what you have at home first.
 - Use this Stock Up List to guide your shopping for the most nutrient dense foods.
 - Buy what your family needs and resist the urge to buy in large quantities.
 - Explore shopping options as some groceries offer in store pick up or curb-side pickup.

Adapted from eatright.org/coronavirus Nutrition Related Resources