

Review Activity: Nutrient Dense & Empty Calorie Foods.

Empty Calorie Foods

Candies
Gums
Chocolate bars
White bread
White rice
Pastries
Cakes
Biscuits
White pasta
Refined cereals
Mayonnaise
Mustard
Soft drinks
Flavored drinks
Alcoholic beverages
Fast Food



Healthy and Nutrient-Dense Calorie Foods

Brown rice
Brown bread
Wholemeal bread
Wholewheat pasta
Oats
Rolled oats
Fruits
Vegetables
Nuts (walnuts, cashew nuts) - Rich in omega-3 fatty acids
Skinless chicken breast
Skinless turkey breast
White fish
Oily fish (salmon, trout, halibut, mackerel) - Rich in omega-3 fatty acids
Olive oil - Rich in omega-3 fatty acids
Cottage cheese
Egg whites
Sweet potato
Potato
Yams
Taro
Soybeans (bean curd or tofu, soya milk)
Skim milk
Kidney beans
Red lentils



