Secrets of Eating Healthy

Below is one of our most popular healthy and clean eating articles from the [FoodSniffr blog.](#)

Eating Healthy Is Simple - Choose Nutrient-Dense Foods Over Depleted Foods

I have often come across this argument (usually from people who love eating their 'junk' foods like doughnuts and french fries and chips): Well, they"ll say, there is no such thing as unhealthy foods; after all my french fries are made from potatoes (which are healthy), or in the case of doughnuts, both the white flour and white sugar come from natural sources, right? Such arguments are funny and ignorant at the same time. So how do you counter such arguments especially when it is someone you care about like a spouse or child, and it is important that they mend their ways?

Here, the idea of 'nutrient-density' can be very valuable: At its simplest, [nutrient density](#) is:

> Like anything involving "density," " nutrient density" means how much you get of one thing, given the presence of something else. In the case of nutrient density, the "things" you receive, the nutrients, are analyzed in relationship to how much they "cost" you, in terms of calories. Simply stated, nutrient density means how many nutrients you get from a food, given the number of calories it contains. Nutrient density is a simple way to connect nutrients with calories. - [Source: WHFoods](#)

Makes sense, right?

How To Know Nutrient-Dense Foods

If an equation will help solidify the concept of nutrient-density, here's one:

H=N/C

Your health (H) is predicted by your nutrient intake (N) divided by your calorie intake (C).

[Source: Dr Fuhrman](#)

And here's a food pyramid by Dr Fuhrman:

BEEF,
SWEETS,
CHEESE &
PROCESSED
FOODS
Rarely

EGGS,
FISH &
FAT-FREE
DAIRY
Less than 10% of calories

SEEDS, NUTS
& AVOCADOS
10-40% of calories

WHOLE GRAINS
& POTATOES
20% or less of calories

FRUITS
10-40% of calories

BEANS/
LEGUMES
10-40% of calories

VEGETABLES*
1/2 RAW AND 1/2 COOKED
30-60% of calories

Excludes white potatoes. Emphasis on green vegetables

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Amended Food Pyramid By Dr Joel Fuhrman

Notice how vegetables form the base of the pyramid. But here's where this concept gets really interesting. Are all vegetables created equal, and how do other 'healthy foods' compare? As per this same source, not so. Dr Fuhrman has the concept of **ANDI (Aggregate Nutrient Density Index):**

The ANDI ranks the nutrient value of many common foods on the basis of how many nutrients they deliver to your body for each calorie consumed. Unlike food labels which list only a few nutrients, ANDI scores are based on thirty-four important nutritional parameters. Foods are ranked on a scale of 1-1000 with the most nutrient-dense cruciferous leafy green vegetables scoring 1000.

What's very surprising about this manner of rating foods is that greens such as kale, collard, mustard and watercress score a full 1000, whereas spinach and bok choy score in the 800s. And beans and seeds that one assumes are super-healthy, well, as per this chart, they pale in comparison.!! I personally would not take the numbers too seriously (after all, I find it hard to believe that on a scale of 1000, these greens are at the highest end, and powerful fruits like blueberries, peach etc are in the low 100s. I feel the food pyramid above gives a better sense of what to eat more of rather than these numbers.

Kale	1000	Sunflower Seeds	64
Collard Greens	1000	Kidney Beans	64
Mustard Greens	1000	Green Peas	63
Watercress	1000		

Some other good sources to figure out your healthy eating plan are:

- [Eating Right Is Not Complicated - from eatright.org](#)

- [Basics of Nutrition - Weston Price Foundation](#)

As you may have realized, there are no absolute truths here; rather take all these findings above and figure out what works best for your body. If over time, you are getting leaner, fitter, active and feel happy and energetic, well you are doing it right!

About FoodSniffr
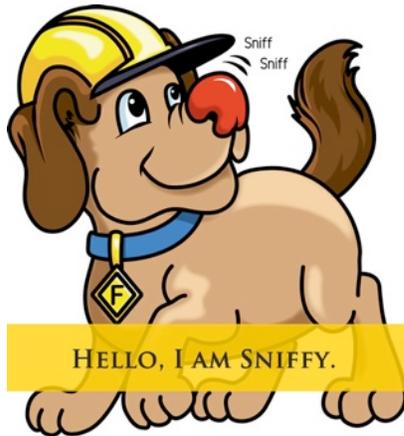
FoodSniffr at www.foodsniffr.com helps you know what's in your food. We help consumers know the good grocery foods from the junk ones, so that you can spend your money wisely. **Make an investment in your future by choosing your foods carefully.**

Food in America is a trap, leading you every day into a deeper and deeper health crisis. No wonder America has an explosion of obesity, diabetes, heart disease, ADHD, cancer.. the list goes on. Sniffy (our cute little Sniffer dog) tells us the American food industry and the pharmaceutical industry are loving twins who toss their victims to each other in a never-ending game of ping-pong!

And did you know Sniffy sniffs out the evil in foods like nobody else? His daily work involves trotting up and down the streets, in and out of grocery stores and supermarkets, sniffing and recording all that he smells. Most times it's not pretty, he tells us! This little hound also knows that humans should know better than to eat this nonsense, and what's even more appalling, he says is that it is everywhere!!

I mean, to paraphrase Sniffy, who in their right minds would ruin good food by adding stuff like BHA or BHT or carrageenan or citric acid or polypro.. something (he's too young to say those funny sounding chemical names, you see). And he is right, you know that.

Finally there's a better way to buy cleaner grocery foods, day after day. **Don't take chances with your health, or the health of those special people in your life.** [Check out FoodSniffr now!](#)

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