FAT TO FIT
30
SEASON 2

NUTRIENT DENSITY OF
INDIAN-FOOD

by **Fitelo**

Nutrient Density

- **Nutrient density** refers to the concentration of essential nutrients (like vitamins, minerals, fiber, and protein) in a food relative to its calorie content. Foods that are nutrient-dense provide a high amount of nutrients for relatively few calories, making them an excellent choice for overall health.

Key Characteristics of Nutrient-Dense Foods:

- Rich in Essential Nutrients: High levels of vitamins, minerals, and other beneficial compounds.
- Low in Empty Calories: Minimal added sugars, unhealthy fats, or refined ingredients.
- Whole and Minimally Processed: Foods in their natural or minimally altered state.

Indian Examples of Nutrient-Dense Foods:

1. Fruits:
- Amla (Indian Gooseberry):
  - Rich in Vitamin C, antioxidants, and fiber.
  - Low in calories, boosts immunity.
- Guava:
  - High in Vitamin C and fiber.

2. Vegetables:
- Spinach (Palak):
  - Packed with iron, calcium, magnesium, and Vitamin A.
- Drumstick Leaves (Moringa):
  - Exceptionally high in iron, calcium, and Vitamin C.

3. Whole Grains:
- Millets (Ragi, Bajra, Jowar):
  - High in fiber, B vitamins, iron, and magnesium.
  - Gluten-free and suitable for diabetics.

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4. Legumes and Pulses:

- Lentils (Masoor Dal, Moong Dal):
  - Excellent source of protein, iron, and folate.
- Chickpeas (Chana):
  - High in protein, fiber, and zinc.

5. Nuts and Seeds:

- Almonds (Badam):
  - Rich in healthy fats, Vitamin E, and magnesium.
- Flaxseeds:
  - High in omega-3 fatty acids, fiber, and lignans.

6. Dairy:

- Curd/Yogurt (Dahi):
  - Probiotic, high in calcium, Vitamin B12, and protein.

7. Spices:

- Turmeric (Haldi):
  - Contains curcumin, a powerful antioxidant and anti-inflammatory compound.
- Fenugreek Seeds (Methi):
 - Rich in fiber, iron, and bioactive compounds.

8. Seafood:

- Rohu and Hilsa Fish:
  - Excellent sources of omega-3 fatty acids, Vitamin D, and protein.

9. Traditional Snacks (Healthy Versions):

- Roasted Chana:
  - High in protein, fiber, and low in calories.

Benefits of Nutrient-Dense Foods:

- **Improved Health:** Supports immunity, energy, and overall well-being.
- **Weight Management:** Provides essential nutrients without excess calories.
- **Prevention of Chronic Diseases:** Reduces the risk of heart disease, diabetes, and deficiencies.
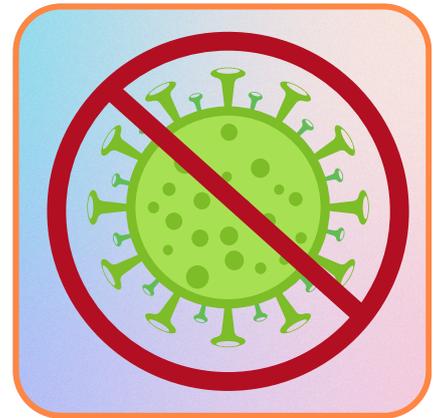
Practical Tips to Incorporate Nutrient-Dense Indian Foods:

- Replace refined grains with whole grains like millets or brown rice.
- Add leafy greens (like spinach) to dals and curries.
- Snack on nuts and seeds instead of fried snacks.
- Use spices like turmeric and fenugreek in everyday cooking for added health benefits.

Nutrient-dense Indian foods are an excellent way to meet dietary requirements while enjoying diverse and flavorful meals.

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Nutrient_Density_Index_Indian_Foods

Food	Calories	Nutrients (mg)	Nutrient Density Index
Spinach (Palak)	23	188	8.17
Tomato	18	110	6.11
Mustard Greens (Sarson)	27	110	4.07
Amla (Indian Gooseberry)	44	150	3.40
Cucumber (Kheera)	15	50	3.33
Ash Gourd (Petha)	13	40	3.07
Fenugreek Leaves (Methi)	49	150	3.06
Bottle Gourd (Lauki)	15	45	3
Bitter Gourd (Karela)	17	50	2.94
Pumpkin (Kaddu)	26	75	2.88
Strawberries	32	85	2.65

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Nutrient_Density_Index_Indian_Foods

Food	Calories	Nutrients (mg)	Nutrient Density Index
Carrot (Gajar)	41	108	2.63
Radish (Mooli)	16	40	2.5
Drumstick (Moringa)	37	90	2.4
Okra (Bhindi)	33	70	2.12
Ridge Gourd (Turai)	20	40	2
Radish (Mooli)	16	40	2.5
Drumstick (Moringa)	37	90	2.43
Okra (Bhindi)	33	70	2.12
Ridge Gourd (Turai)	20	40	2
Pointed Gourd (Parwal)	20	40	2
Watermelon (Tarbooj)	30	60	2

Nutrient_Density_Index_Indian_Foods

Food	Calories	Nutrients (mg)	Nutrient Density Index
Eggplant (Baingan)	25	50	2
Cauliflower (Gobi)	25	50	2
Orange (Santra)	47	90	1.9
Cabbage (Patta Gobi)	25	45	1.8
Beetroot (Chukandar)	43	75	1.7
Papaya (Papita)	43	75	1.7
Cluster Beans (Gawar)	30	50	1.7
Milk (Toned)	42	70	1.7
Muskmelon (Kharbooja)	34	55	1.6
Egg (Boiled)	68	110	1.6
Pineapple (Ananas)	50	80	1.6
Sweet Potato (Shakarkandi)	86	130	1.5

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Nutrient_Density_Index_Indian_Foods

Food	Calories	Nutrients (mg)	Nutrient Density Index
Mango (Aam)	60	90	1.5
Guava (Amrood)	68	100	1.5
Yogurt (Dahi)	59	85	1.4
Blueberries	57	80	1.4
Jamun	62	80	1.2
Onion (Pyaaz)	40	50	1.2
Grapes (Angoor)	69	75	1.08
Peas (Matar)	81	80	0.98
Apple (Seb)	52	50	0.96
Potato (Aloo)	77	70	0.9
Pomegranate (Anar)	83	70	0.84
Lentils (Dal)	116	95	0.81

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Nutrient_Density_Index_Indian_Foods

Food	Calories	Nutrients (mg)	Nutrient Density Index
Banana (Kela)	89	70	0.8
Lychee (Litchi)	66	50	0.75
Fish Curry	130	95	0.7
Chikoo	83	60	0.7
Chicken Curry	120	85	0.7
Pigeon Peas (Toor Dal)	129	90	0.7
Kidney Beans (Rajma)	127	85	0.7
Brown Rice	123	80	0.65
Bajra Roti	100	60	0.6
Garlic (Lehsun)	149	85	0.6
Chickpeas (Chole)	164	90	0.54
Black Gram (Urad Dal)	159	85	0.5

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Nutrient_Density_Index_Indian_Foods

Food	Calories	Nutrients (mg)	Nutrient Density Index
Jowar Roti	97	50	0.5
Dates (Khajoor)	277	120	0.4
Wheat Chapati	120	40	0.3
Paneer	265	70	0.3
Rice (Cooked)	130	30	0.23
Dark Chocolate	546	50	0.09
Almonds (Badam)	576	50	0.08
Peanuts (Moongfali)	567	40	0.07
Walnuts (Akhrot)	654	45	0.07
Cashews (Kaju)	553	35	0.06