

# Making Nutrient-Dense Choices: One Meal At a Time

Slight changes to individual parts of a meal can make a big difference. This meal shows examples of small shifts to more nutrient-dense choices that significantly improve the nutritional profile of the meal overall while delivering on taste and satisfaction.



**Typical Burrito Bowl**  
Total Calories = 1,120

**Nutrient-Dense Burrito Bowl**  
Total Calories = 715

White rice (1½ cups)	Brown rice (1 cup) + Romaine lettuce (½ cup)
Black beans (⅓ cup)	Black beans, reduced sodium (⅓ cup)
Chicken cooked with sauce (2 ounces)	Grilled chicken with spice rub (2 ounces)
No grilled vegetables	Added grilled vegetables (⅓ cup)
Guacamole (½ cup)	Sliced avocado (5 slices)
Jarred salsa (¼ cup)	Fresh salsa/pico de gallo (¼ cup)
Sour cream (¼ cup)	No sour cream
Cheese (⅓ cup)	Reduced-fat cheese (⅓ cup)
Jalapeño (5 slices)	Jalapeño (5 slices)
Iced tea with sugar (16 ounces)	Iced tea, no sugar (16 ounces)