The Value of the Nutrient Density View

The Nutrient Density View capability lets you display the nutrient values for say, 100 kcal "servings" of all fresh fruit in a spreadsheet view. This gives you an “apples-to-apples” comparison for all nutrients for hundreds or even thousands of fruits at once (NutriBase displays this nutrient data in a spreadsheet view so you can see data for many foods simultaneously).

Clients who are restricting their calories need to obtain as much nutrition as they can from the calories they take in. When you think about this, it makes sense for everyone to do this. Getting the most nutrition from every calorie you consume, is called “optimal nutrition.” The Nutrient Density View helps makes the RD's job not only *easier*... but *better* as well.

Compare "apples-to-apples."

This feature makes it much easier to identify the foods that provide the highest nutrition per calorie. For instance, in a normal NutriBase spreadsheet view, you might view the nutrients for all fruits at once. This means you could be comparing the nutrients in say, a watermelon, with the nutrients in say a strawberry. In this normal view, it is difficult to determine which food is the *richest* source of any particular nutrient. But if you are using the Nutrient Density View, you'll be viewing the nutrients for say, 100 kcal of the watermelon and 100 kcal of the strawberry. This makes it much easier to determine which food is the richest source of any nutrient.

You can rank (sort) all foods in the Nutrient Density View.

If you want to know which of these 100 kcal fruit “servings" are highest in say, Potassium, just click the column header for Potassium to rank the fruits from high-to-low based on their Potassium values. To reverse the sort, just click the column header again. (Reversing the sort ranks the fruits from low-to-high based on their Potassium content.) This works for all nutrient columns.