

Nutrient Rich Foods Index: A Science-Based Approach to Measuring Nutrient Density
A Summary of Citations

Since 2004, 23 articles have been published in scientific journals that support the Nutrient Rich Foods (NRF) approach, the NRF Index and/or the broader concept of nutrient density. Additional articles are planned or pending for 2010.

-
1. Drewnowski A. The Nutrient Rich Foods Index helps to identify healthy, affordable foods. *Am J Clin Nutr*. Apr 2010;91(4):1095S-1101S.
 2. Miller G, Drewnowski A, King J, Gibney M, Clemens R. Nutrient profiling: global approaches, policies and perspectives. *Nutrition Today* Jan/Feb 2010;45(1):6-12.
 3. Nicklas T. Nutrient profiling: the new environment. *J Am Coll Nutr* Aug 2009;28(4):416S-420S.
 4. Mobley A, Kraemer D, Nicholls J. Putting the Nutrient-Rich Foods Index into practice. *J Am Coll Nutr* Aug 2009;28(4):427S-435S.
 5. Drewnowski A. Defining nutrient density: development and validation of the Nutrient Rich Foods Index. *J Am Coll Nutr* Aug 2009;28(4):421S-426S.
 6. Fulgoni VL III, Keast DR, Drewnowski A. Development and validation of the nutrient-rich foods index: a tool to measure nutritional quality of foods. *J Nutr* Aug 2009;139(8):1549-54.
 7. Miller G, Drewnowski A, Fulgoni VL III, Heaney R, King J, Kennedy E. It is time for a positive approach to dietary guidance using nutrient density as a basic principle. *J Nutr* Jun 2009; 139(6):1198-202.
 8. Monsivais P, Drewnowski A. Lower-energy-density diets are associated with higher monetary costs per kilocalorie and are consumed by women of higher socioeconomic status. *J Am Diet Assoc* May 2009;9(5):814-22.
 9. Drewnowski A, Fulgoni VL III, Young M, Pitman S. Nutrient-Rich Foods: applying nutrient navigation systems to improve public health. *J Food Science* Nov/Dec 2008;73(9):H222-8.
 10. Drewnowski A, Maillot M, Darmon N. Should nutrient profiles be based on 100g, 100kcal or serving size? *Eur J Clin Nutr* Nov 2008;63(7):898-904.
 11. Maillot M, Ferguson E, Drewnowski A, Darmon N. Nutrient Profiling Can Help Identify Foods of Good Nutritional Quality for Their Price: a Validation Study with Linear Programming. *J Nutr* Jun 2008;138(6):1107-13.
 12. Drewnowski A, Maillot M, Darmon N. Testing nutrient profile models in relation to energy density and energy cost. *Eur J Clin Nutr* Feb 2008;63(5):674-83.
 13. Drewnowski A, Fulgoni VL III. Nutrient profiling of foods: creating a nutrient-rich food index. *Nutrition Reviews* Jan 2008;66(1):23-39.

14. Monsivais P, Drewnowski A. The rising cost of low-energy-density foods. *J Am Diet Assoc* Dec 2007;107(12):2071-6.
15. Drewnowski A. What's next for nutrition labeling and health claims? An update on nutrient profiling in the European Union and the United States. *Nutrition Today* Sep/Oct 2007;42(5):206-214.
16. Maillot M, Darmon N, Vieux F, Drewnowski A. Low energy density and high nutritional quality are each associated with higher diet costs in French adults. *Am J Clin Nutr* Sep 2007;86(3):690-6.
17. Maillot M, Darmon N, Darmon M, Lafay L, Drewnowski A. Nutrient-dense food groups have high energy costs: an econometric approach to nutrient profiling. *J Nutr* Jul 2007;137(7):1815-20.
18. Practice Paper by the American Dietetic Association (ADA). Nutrient density: meeting nutrient goals within calorie needs. *J Am Diet Assoc* May 2007;107(5):860-9.
19. Mendoza JA, Drewnowski A, Christakis DA. Dietary energy density is associated with obesity and the metabolic syndrome in U.S. adults. *Diabetes Care* Apr 2007;30(4):974-9.
20. Evidence-based background paper on point-of purchase nutrition programs. *Dietitians of Canada* Sep 2006.
21. Darmon N, Darmon M, Maillot M, Drewnowski A. A nutrient density standard for vegetables and fruits: nutrients per calorie and nutrients per unit cost. *J Am Diet Assoc* Dec 2005;5(12):1881-7.
22. Drewnowski A. Concept of a nutritious food: toward a nutrient density score. *Am J Clin Nutr* Oct 2005;82(4):721-32.
23. Zelman K, Kennedy E. Naturally nutrient rich: putting more power on Americans' plates. *Nutrition Today* Mar/Apr 2005;40(2):60-68.