

CALORIE DENSITY CHART

Calories per pound	Foods
100	Non-starchy vegetables (some examples: asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, leeks, mushrooms, pepper, salad greens)
300	Fruit (some examples: apple, banana, berries, cantaloupe, cherry, grapes, kiwi, mango, peach, pear, watermelon)
400	Potatoes, all varieties
400-600	Unrefined whole grains (some examples: amaranth, barley, brown rice, bulgur, corn, farro, millet, oats, quinoa, wheat berry, wild rice) **whole wheat pasta, cooked Legumes (beans, lentils, peas) Winter squash (acorn, butternut)
650	Eggs
750	Avocado
1,000	Salmon, chicken, beef – ground, 85% lean
1,200-1,400	Breads, dried fruits, fat-free muffins, jams
1,600-1,800	Cheese, ice cream, dry cereals, pretzels, sugar
2,000	Croissants, doughnuts, crackers
2,500	Bacon, chocolate (milk), chocolate (dark, non-dairy), potato chips
2,750	Nuts/nut butters, seeds/seed butters, tahini
4,000	All oils

The foods in **green** are whole foods found in nature, and are rich in vitamins, minerals, and antioxidants. They also contain fiber and water, which create bulk and help increase a feeling of fullness.

The foods in **purple** are rich in nutrients and calories. They are best included in small amounts after weight loss is achieved.

The foods in **brown** are animal based. They contain cholesterol and are often high in fat, primarily saturated fat. They are void of fiber.

The foods in **black** are highly processed foods (and may also be animal based) that contain little to no fiber, antioxidants, phytochemicals, or water.

An in-depth presentation about calorie density, titled, “Calorie Density: How to Eat More, Weigh Less, and Live Longer” (given by Jeff Novick, MS, RD) can be found at [youtube.com](https://www.youtube.com/watch?v=...).