

Calorie Density is a measure of how many calories are in a given weight of food.



Foods **high** in calorie density have a **large** number of calories in a given weight of food...

...whereas foods **low** in calorie density have **few** calories compared to their weight.



The **candy bar** has more calories than the **banana**, but they weigh about the same amount.

What does 500 calories look like in your stomach?



Forks over Knives

Low calorie density

100-600 cal/lb

- Whole grains (rice, quinoa)
- Whole fruit
- Non-starchy veggies (summer squash, zucchini, carrots)
- Starchy veggies (potatoes, corn, green peas, winter squash)
- Legumes (beans, peas, lentils)
- Hot cereals (oatmeal), Pasta

Moderate calorie density

900-1400 cal/lb

- Whole grain breads
- Whole grain bagels
- Dried fruit
- Avocado
- Hummus
- Rice cakes
- Puffed rice, puffed corn cereals

High calorie density

1400-2300+ cal/lb

- Meats, cheeses
- Nuts, nut butters, seeds
- Fats, Oils
- Salad dressings
- Breakfast cereals, granola
- Energy bars, trail mix
- Chips, crackers, cookies

People generally eat 3 to 4 pounds of food daily. If you stick with foods in one column, what's the maximum number of calories you will consume in a day?

$$600 \times 4\text{lb} = 2400 \text{ cal}$$

$$1400 \times 4\text{lb} = 5600 \text{ cal}$$

$$2300 \times 4\text{lb} = 9200 \text{ cal}$$

Bottom line: "Spend" your calories on **whole, plant-based foods**

in order to fill yourself up while limiting your overall calorie intake!

