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 blue are rich in nutrients and calories. They are best included in small amounts after weight loss is achieved.

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

The foods in orange 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.