

# CALORIE DENSITY

calorie density=calories per pound

100 kcal - vegetables



300 kcal - fruits



400 kcal - tubers



500 kcal - whole grains, tofu



600 kcal - legumes, pasta



700 kcal - avocado



700 kcal - eggs, poultry, fish



1000 kcal - beef, ice cream



1200 kcal - white bread, dried fruits



1700 kcal - cheese, sugar



2300 kcal - processed junk food

2800 kcal - nuts, seeds



3200 kcal - butters



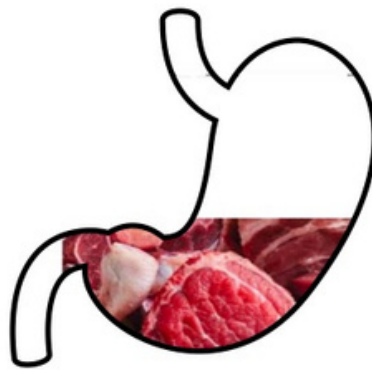
4000 kcal - oil

# CALORIE DENSITY

What 500 calories look like



**OIL**



**MEAT**



**VEGETABLES**

Food preparation and production change calorie content...



**french fries**  
100g=310 calories



**baked potatoes**  
100g=93 calories



**raisins**  
100g= 300 calories



**grapes**  
100g=70 calories



**orange juice**  
1 cup= 112 calories



**orange**  
1= 61 calories