

CALORIE DENSITY

calorie density=calorie per pound

100 kcal - vegetables



300 kcal - fruits



400 kcal - tubers



500 kcal - wholegrains, 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 junkfood



2800 kcal - nuts, seeds



3200 kcal - butter



4000 kcal - oil



CALORIE DENSITY

What 500 calories look like



OIL



MEAT



VEGETABLES

Food preparation and production change calorie content



French fries
100g=310 kcal



Baked potatoes
100g=93 kcal



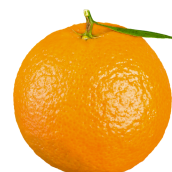
Raisins
100g=300 kcal



Grapes
100g=70 kcal



Orange juice
1 cup=112 kcal



Orange
1=61 kcal