

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



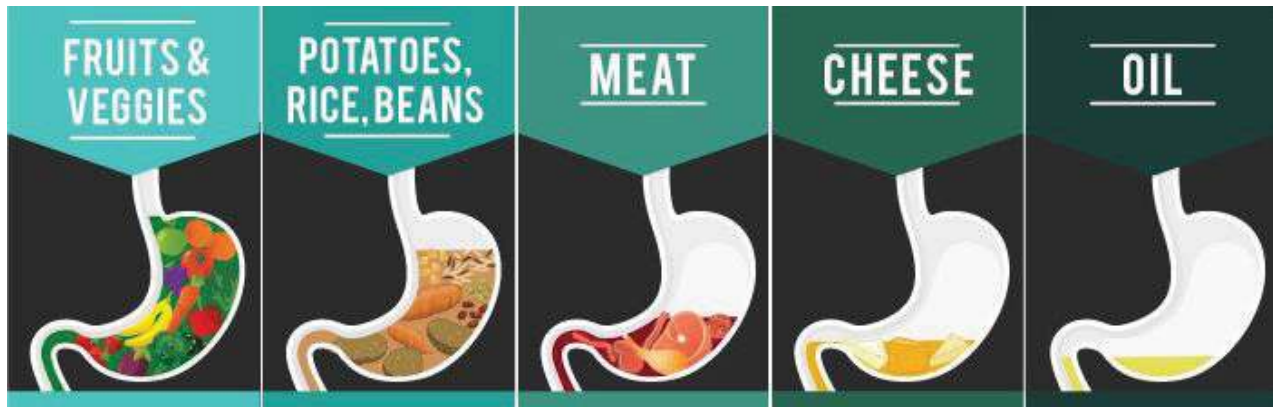
Foods **high** in calorie density have a **large** number of calories in a given weight of food...

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



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

## What does **500 calories** look like in your stomach?



### 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'll consume in a day?

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

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

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

**Bottom line:** "Spend" your calories on **whole, plant-based foods** in order to fill yourself up while limiting your overall calorie intake!

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