

CALORIE DENSITY

- Calorie density is how much energy per unit measure of food. Basically, the amount of calories a food has per its weight (typically in grams).
- You can calculate the calorie density of a food by dividing its calories by its weight in grams

Very-Low-Calorie-Density Foods		High-Calorie-Density Foods	
Food	Calorie Density	Food	Calorie Density
Celery or cucumber	0.1	Carrot cake, cream cheese frosting	4.0
Asparagus, cooked	0.2	Cinnamon Danish pastry	4.0
Chicken broth, regular	0.2	Pork spareribs, braised	4.0
Salad greens	0.2	Brownie	4.1
Tomato, raw	0.2	Doughnut, cake	4.1
Bell pepper or carrots, raw	0.3	Croissant	4.2
Broccoli or mushrooms, raw	0.3	Crackers	4.3
Cantaloupe	0.3	Trail mix	4.3
Green beans, cooked	0.3	Tortilla chips, regular	4.7
Salsa	0.3	Granola bar, hard	4.8
Strawberries	0.3	Ranch dressing, full-fat	4.8
Tomato soup, prepared with water	0.3	Bacon, cooked	5.2
Vegetarian vegetable soup	0.3	Chocolate chip cookies, homemade	5.2
Watermelon	0.3	Potato chips, regular	5.2
Peach	0.4	Dark chocolate	5.7
Winter squash	0.4	Almonds, dry-roasted	5.9
Yogurt, light (low-calorie sweetener)	0.4	Peanuts, roasted	6.1
Apple	0.5	Peanut butter, regular	6.3
Italian dressing, fat-free	0.5	Mayonnaise, full-fat	6.7
Orange	0.5	Butter	7.0
Blueberries	0.6	Margarine, stick	7.0
Lentil soup	0.6	Oil, olive	8.8
Yogurt, fat-free, plain	0.6		

- ****Remember:** Portion size matters; one tbsp of high-density olive oil may not have as much of a caloric impact as 3 cups of medium-density french fries
- Reducing the caloric density of your meals gives you the ability to eat more, causing greater satiety (feeling of fullness) and greater satisfaction – as compared to higher density meals
- Portion size is still important, though you are able to eat larger portions of lower caloric density foods.
- If you do want to treat yourself every so often with a calorie-dense food, then you would want to aim for having a smaller portion.
- Reduce the amount of fat in recipes as fat is higher in calories per gram than protein or carbohydrates. E.g. substituting a tomato sauce for a cream sauce.
- The key is to change the amount of water in foods. Water adds weight and volume but does not add calories. This is typically done through adding vegetables. E.g. adding bulk with broccoli and peppers to a pasta dish.