

# CALORIE DENSITY

the key to weight loss

**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

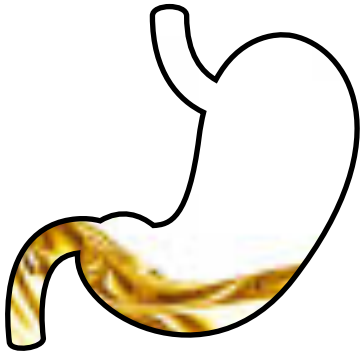
3200 kcal - butters

4000 kcal - oil

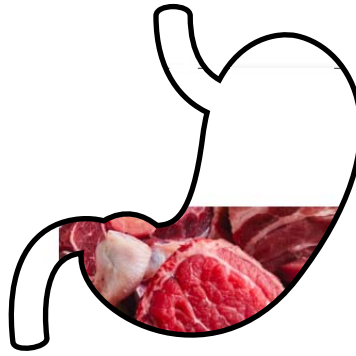


# CALORIE DENSITY

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