Calorie Density is the total number of calories in a pound of food. Understanding Calorie Density will not only help you trim your waistline, but it will help you fill up on foods that will keep you fuller for longer. Gone are the days where you see-saw between overeating calorie rich, processed foods and having to control your portions.

### Consumption of these foods lead to weight loss

- **Zero**
- **Water**
- **Vegetables**
  - Asparagus, beets, broccoli, cabbage, cauliflower, corn, garlic, leeks, onions, potatoes, radish, etc.
- **Fruits**
  - Apples, bananas, blueberries, blackberries, cherries, grapes, kiwis, pears, raspberries, watermelon, etc.
- **Grains & Starches**
  - Amaranth, barley, buckwheat, corn, oats, brown rice, rye, spelt, quinoa, wheat, wild rice, etc.
- **Legumes**
  - Beans: adzuki, black, black-eyed, butter, garbanzo, kidney, lima; Peas: split, sugar snap, snow, etc.

### Consumption of these foods can lead to weight gain

- **Avocados**
- **Animal Products**
- **Processed Carbs**
  - Dairy, Eggs, Fish, Seafood, Poultry, Beef, Turkey, etc.
  - Breads, cereals, refined (white) pasta, processed foods, etc.
  - Chips, cookies, doughnuts, ice, cream, muffins, pretzels, sugar, etc.
- **Junk Food**
- **Nuts & Seeds**
  - Almond, brazil, cashew, hazelnuts, peanuts, pecans, pine, sunflower, etc.
- **Oils & Fats**
  - Butter, lard, canola, coconut, corn, grapeseed, olive, palm, peanut, sunflower, etc.

These foods are processed foods that typically do not occur in nature (with the exception of some animal products). These man-made foods contain small to no amounts of natural fiber and have little water and, because they contain cholesterol, saturated fat, and trans fat, eating these foods increases the risk of developing heart disease, diabetes, and cancer.

These foods are unprocessed, plant-based, whole-foods. While they are full of vitamins, minerals, and other nutrients, these items contain large quantities of fat and do not fill you up.

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Resources
Updated and adapted from Jeff Novick's (1998) caloric density chart