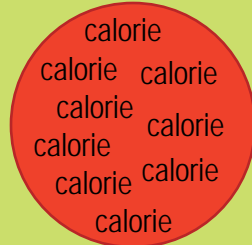


CALORIE DENSITY

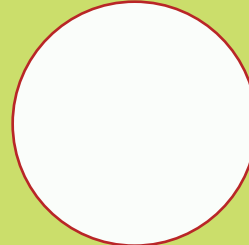
FAT
1 gram = 9 calories



ALCOHOL
1 gram = 7 calories



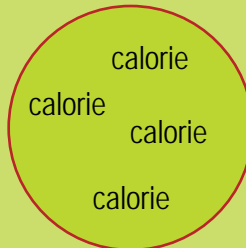
FIBER
1 gram = 0 calories



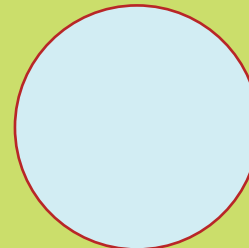
PROTEIN
1 gram = 4 calories



CARBOHYDRATE
1 gram = 4 calories



WATER
1 gram = 0 calories



More calorically dense:

- Fat
- Added sugar
- Alcohol
- Fried and high fat versions of foods

These items in foods will take up **LESS** space but add a lot of extra calories.

Less calorically dense:

- High fiber items
- High water items
- Fruits and vegetables
- Whole grains
- Lean protein and dairy

These items take up **MORE** space (larger portion sizes) with less impact on calories.



4 ounce
Hamburger:
274 calories

FAT	PROTEIN	CARBS	FIBER	WATER
18gm	27gm	0gm	0gm	64gm



Salad with 1/4 cup regular
Italian dressing:
300 calories



4 ounce
Broccoli
(3/4 cup):
40 calories

FAT	PROTEIN	CARBS	FIBER	WATER
0gm	4gm	8gm	4GM	102gm



Salad with 1/4 cup fat-free
Italian dressing:
40 calories

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