

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

CALORIC DENSITY

Choosing foods with a low caloric density enables you to feel satisfied with a lower overall caloric intake—helping you to reach and maintain your weight goal. Your body senses fullness or satiety after eating a certain weight of food no matter how many calories it contains. The caloric density of a food is simply the number of calories it provides per ounce.

Caloric dense foods—those containing 68 calories or more per ounce—are no more filling than other foods. To calculate the caloric density of a food, divide the calories by the serving size in ounces. It is quick and easy to calculate the caloric density of your favorite foods. Here are some examples.



Food	Serving Size	Calories	Caloric Density
Popcorn, microwave lite	1 cup	20	3
Salad Greens	1 cup	4	4
Broccoli	1/2 cup	12	8
Watermelon	1 cup	51	10
Egg Substitute	1/4 cup	23	12
Applesauce, no added sugar	1/2 cup	52	13
Carrots	1/2 cup	31	13
Apricot, fresh	3 med	51	15
Apple	1 medium	81	18
Oatmeal	1/2 cup cooked	72	19
Ham, fat free Oscar Meyer®	1 oz	24	24
Rice Cakes	5 mini	54	27
Banana	1 medium	118	27
Special K-High® Protein	3/4 cup, 1/2 cup skim milk	143	29
Crab, cooked	3 oz	82	29
Cream Cheese, fat free	1 oz	30	30
Shrimp, cooked	3 oz	84	30
Turkey breast, deli	1 oz	33	33
Halibut	3 oz	119	43
Egg	1 large	78	47
Chicken Breast	3 oz	142	47
Baked Potato with Cheese	1 fast food	474	48
Bread, lite wheat	1 slice	40	52
Pork Tenderloin	3 oz	140	52
Round Roast	3 oz	150	53
Macaroni and Cheese	1 cup from box mix	320	55
Salmon	3 oz	175	62
Bread, wheat	1 slice	69	69
Mozzarella, part skim	1 oz	72	72
Apricot, dried	10 halves	83	72
Chicken Nuggets	6 pc, McDonald's	250	74
Ground Beef, Extra Lean	3 oz	214	75
Rib Eye Steak	3 oz	263	92
Sausage and Egg Biscuit	1 each-generic	581	97
Cream Cheese	1 oz	99	99
Cheddar Cheese	1 oz	114	114
Potato Chips	1 oz	139	139
Wheat Thins® Crackers	16 crackers	140	140
Cheeze Balls, Planters®	1 oz	150	150
Pistachios	1 oz	172	172
Canola Oil	1 Tbsp.	124	248