

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

Lighten Up Your 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 (1 oz)	20	20
Salad Greens	1 cup (2 oz)	4	2
Broccoli, fresh	½ cup (1.5 oz)	12	8
Watermelon	1 cup (5 oz)	51	10
Egg Substitute	¼ cup (4 oz)	23	6
Applesauce, no added sugar	½ cup (4 oz)	52	13
Carrots	½ cup (2.5 oz)	31	12
Apricot, fresh	3 med (4 oz)	51	13
Apple	1 medium (5 oz)	81	16
Oatmeal	½ cup cooked (4 oz)	72	18
Ham, fat free Oscar Meyer	1 oz	24	24
Rice Cakes	5 mini (2 oz)	54	27
Banana	1 medium (4 oz)	114	29
Special K-High Protein	¾ cup, ½ cup skim milk (5 oz)	143	29
Crab, cooked	3 oz	82	29
Cream Cheese, fat free	1 oz	30	30
Shrimp, cooked	3 oz	84	30

Food	Serving Size	Calories	Caloric Density
Turkey breast, deli	1 oz	33	33
Halibut	3 oz	119	43
Egg	1 large (2 oz)	78	39
Chicken Breast	3 oz	142	47
Baked Potato with Cheese	1 fast food (10 oz)	474	47
Bread, lite wheat	1 slice (0.77 oz)	40	52
Pork Tenderloin	3 oz	140	52
Round Roast	3 oz	150	53
Macaroni and Cheese	1 cup from box mix (5.8 oz)	320	55
Salmon	3 oz	175	62
Bread, wheat	1 slice (1 oz)	69	69
Mozzarella, part skim	1 oz	72	72
Apricot, dried	10 halves (1.15 oz)	83	72
Chicken Nuggets	6 pc, McDonald's (3.38 oz)	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 Thin Crackers	16 crackers	140	140
Cheez Balls, Planters	1 oz	150	150
Pistachios	1 oz	172	172
Canola Oil	1 Tbsp.	124	248