Calorie Density of Various Food Groups

CALORIES PER POUND Leafy & Cruciferous Vegetables 100 Calories Non-starchy Vegetables 100 Calories **Fruits** 300 Calories Starchy & Root Vegetables **500 Calories** Whole Grains **500 Calories** Legumes **600 Calories** Poultry, Eggs, Fish **800 Calories** Beef 1,000 Calories **Processed Grain Food** 1,000 Calories Sugar & Syrups 1,500 Calories Cheese 1,700 Calories Junk/Prossessed Foods, Added Refined Sugar 2,300 Calories Nuts & Seeds 2,800 Calories **Butter** 3,200 Calories Oils 4,000 Calories



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