



Calorie Density Chart

We can think of calorie density as how many calories are packed into a food by volume. The two main factors determining a food's volume, and therefore calorie density, are water and fiber. These are two of the key nutrients that are removed from foods as they are processed, so it stands to reason that the more processed the food, the less water and fiber it contains, and therefore the greater the concentration of calories.

You can use this tool as a guide to help navigate calorie density in your food choices. Leafy green vegetables are at the low end of the calorie density spectrum since, along with their impressive concentration of nutrients, they contain a great deal of water and fiber. Pure fats like butter, lard, and oil, possessing very little water and no fiber at all, are at the high end of the spectrum, with up to 4,000 calories per pound (kcal/lb).

Calories Per Pound

