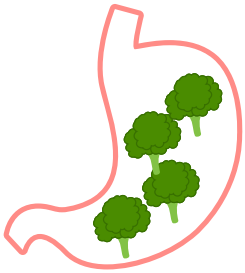
Nutrient Density vs. Calorie Density

Understand your food choices

Nutrient-dense foods

Nutrient-dense foods are low in calories and high in nutrients. Eating these foods will help you feel full while trying to lose weight.



4 cups of broccoli
= 120 calories



- **1/2 cup of strawberries**
  30 calories, vitamin C,
  2g of fiber, antioxidants
- **1 medium bell pepper**
  30 calories, 2g of fiber,
  vitamins C and A, antioxidants
- **1 medium cucumber**
  30 calories, 2g of fiber, vitamin K
- **1 cup of raw spinach**
  7 calories, vitamin A and K,
  folate, antioxidants
- **3/4 cup low-fat Greek yogurt**
  100 calories, 15g of protein,
  calcium, vitamin B12
- **4 oz of chicken breast**
  180 calories, 34g of protein, 4g of fat
- **Water**
  0 calories

Calorie-dense foods

Calorie-dense foods are higher in calories and lower in nutrients. The portions are small, but they contain many calories.



1 tablespoon of olive
oil = 120 calories



- **1 tablespoon of cooking oil**
  120 calories, 14g of fat
- **1 tablespoon of butter**
  100 calories, 12g of fat, 7g of saturated fat
- **2 tablespoons of ranch dressing**
  150 calories, 15g of fat
- **2 tablespoons of peanut butter**
  200 calories, 16g of fat
- **3/4 cup ice cream**
  200 calories, 12g of fat, 8g of saturated fat,
  20g of sugar
- **4 oz of ribeye steak**
  350 calories, 28g protein, 25g of fat,
  10g of saturated fat
- **12 oz can of soda**
  150 calories, 40g added sugar

UPDATED 10/2024

CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT