**NUTRITION IN ACTION** 



## **Calorie Density of Various Food Groups** 100 **Leafy & Cruciferous Vegetables** 100 **Non-starchy Vegetables Fruits** 300 500 Starchy & Root Vegetables **Whole Grains** 500 Legumes 600 800 Poultry, Eggs, Fish 1000 **Beef** 1500 **Processed Grain Foods 1500 Sugars & Syrups** Cheese **1700** Junk/Processed Foods, Add Refined Sugar 2300 2800 **Nuts & Seeds** 3200 **Butter**

4000

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