

Calorie Density and Weight Control

Fresh Veggies are around 6 cal/oz

Fresh Fruits around 16-19 cal/oz

Starchy Veggies/Intact Whole Grains around 28-31 cal/oz

Legumes around 34-37 cal/oz

Processed Grains (even if they are Whole grain) around 75-95 cal/oz

Nuts/Seeds around 175 cal/oz

Oils around 250 cal/oz

Pure Protein and Carbohydrates are 113 calories per ounce (this is without fiber)

Pure Fat is 255 calories per ounce

Researchers Following People on Calorie Dense Diets:

If the calorie density of the food is below 25 calories per ounce, not matter how much they eat, they all lost weight.

Between 37-50 calories per ounce, with some moderate exercise, they all lost weight.

Between 50-75 calories per ounce, people gained weight, except for those with very high activity levels.

Over 75 calories per ounce, everyone gained weight.

The recent WCF/AICR report on cancer recommends that the average calorie density of our diets be around 34-37 calories per ounce, to avoid obesity and weight problems.

The Okinawan diet, before Western influence, was around 37-40 calories per ounce.

A starch based diet, made up of starchy vegetables and intact whole grains along with some fruit and veggies, will have a calorie density of under 31 calories per ounce. It would be nearly impossible to overeat or gain weight.

You can also see the problem with many of the "low fat" diets that focused on processed whole grains, like whole wheat bread, crackers, dry cereals. At 75-95 calories per ounce, your diet could raise the overall calorie density and make it much easier to overeat and to gain weight. Therefore, a healthy weight program will avoid or really limit those foods.