

Category	Calorie Density	Calories/Gram	How to Eat	Examples
1	Very Low	less than 0.6	“Free” foods	Fruits Non-starchy vegetables Broth-based soups
2	Low	0.7 – 1.5	Eat reasonable portions	Whole grains Lean protein Legumes Low-fat dairy
3	Medium	1.6 – 3.9	Manage your portions	Breads Fat-free baked snacks Cheese Higher-fat meat
4	High	4.0 – 9.0	Carefully manage portions and frequency of eating	Fried snacks Cookies and other sweets Nuts Added fats