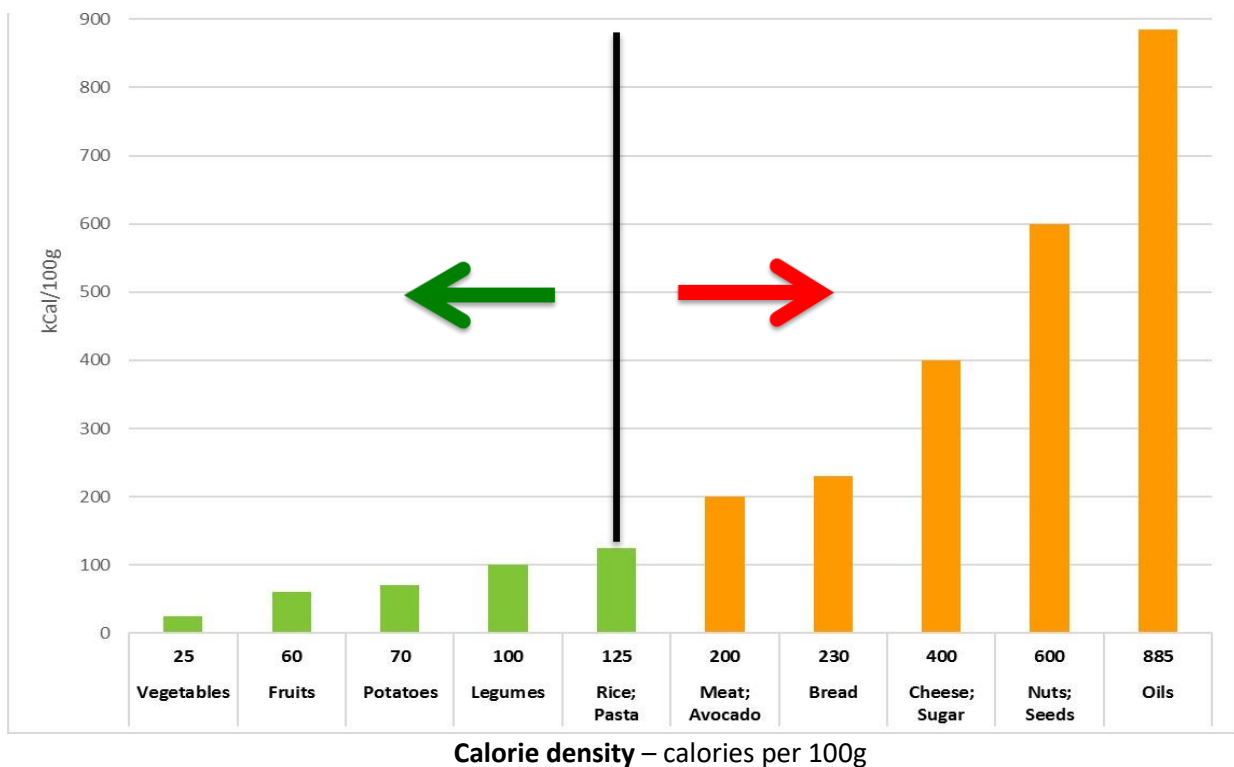# Calorie density

Calorie density, or energy density, is an important concept to understand for weight management as it helps you identify the foods to eat more of and the foods to eat less of. The following chart shows foods in categories with approximate values for the number of calories per 100g. The calorie density of a food is a constant, regardless of the amount of food in a serving. We use calories per 100g. The "sweet spot" is to eat meals that average 125 calories per 100g or less – note this is the figure the World Cancer Research Fund recommend for maintaining a healthy weight and minimising cancer risk.

Calorie density – calories per 100g

Eat a whole food plant-based diet

A diet based on unprocessed or minimally processed whole grains, legumes, vegetables and fruit with limited amounts of nuts and seeds. Most of these foods are low in calorie density:

- Whole grains (brown rice, oats, whole wheat, quinoa, etc.)
- Legumes (lentils, kidney beans, chickpeas, tofu/edamame, etc.)
- Starchy vegetables (potatoes, sweet potatoes, pumpkin, etc.)
- Non-starchy vegetables (carrots, broccoli, zucchini, spinach, etc.)
- Fruit (apples, berries, bananas, etc.)

Minimise added sugar, salt and oils or exclude them altogether as are not health-promoting.
Enjoy herbs and spices as flavourings.

Further tweaks for optimal health

Regularly include:

- Leafy greens
- Cruciferous vegetables
- Berries
- Mushrooms
- Flaxseed (ground)