

SOME FOODS ARE MORE ENERGY DENSE

FOODS HAVE ENERGY INSIDE THEM - MEASURED IN CALORIES

This is what provides us with energy to survive, work and exercise.

Too many calories makes us more fat.

Too few calories makes us more thin.



SOME FOODS HAVE MORE ENERGY THAN OTHERS

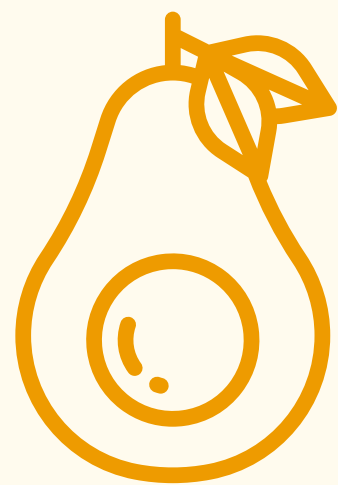


Some foods are more dense, so you can eat less of them for more energy (calories). Some foods are very light, like fruits and vegetables.

HEALTHY FOODS CAN BE ENERGETICALLY DENSE

Just because a food is healthy does not mean it is light or low-calorie.

Dates, salmon, avocado and olive oil are all healthy, high-calorie foods.



UNDERSTANDING FOOD DENSITY HELPS YOU MANAGE YOUR BODY WEIGHT



Because by matching energy intake from foods with how much energy is expended in the day is the key to maintaining body weight. To change body weight, we have to change calories first and foremost.