

Calorie Density and 3-Phase Eating

Calorie Density = calories per pound (lb) of food

Example: Broccoli is 100 calories/lb and olive oil is 4,000 calories/lb

Caloric Density of Foods	
Raw Veggies	100-200 calories/pound
Fruits	200-400 calories/pound
Starchy veggies	300-400 calories/pound
Whole grains	400-500 calories/pound
Legumes	500-600 calories/pound
Avocado	750 calories/pound
Animal Products	700-1200 calories/pound
Pure Sugar	1800 calories/pound
Chocolate	2200 calories/pound
Cookies	2250 calories/pound
Nuts/Seeds	2600 calories/pound
Oils	4000 calories/pound

Phase 1: Lowest in calorie density (only 100-300 calories per lb, the most nutrient dense) : fresh vegetables and most fruit

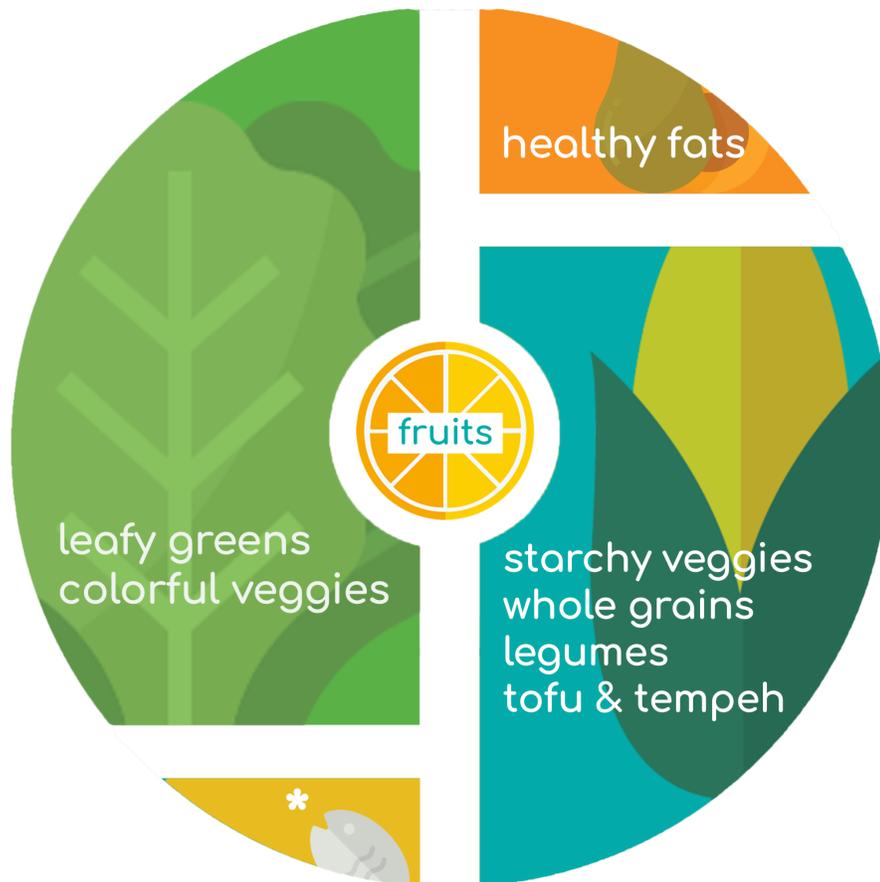
Phase 2: More calorie dense, high in nutrients and fiber, but still low in calories (300-600 calories per pound): grains, beans, starchy vegetables (potatoes yams, hard squashes)

Phase 3: The most calorie dense (1,200 *and more* calories per pound): Nuts, seeds, *processed foods, meat, poultry, eggs, dairy products, oils, except avocados which are 750/lb),

Reconfigure your plate:

1. Half raw or cooked vegetables - full of water and fiber, provide bulk
2. The other half mostly grains, beans and starchy vegetables - loaded with fiber and nutrients, more bulk, will help you feel full
3. Smallest portion - Nuts, seeds and avocado in smaller portions (i.e. on oatmeal or in a salad) as garnish - provides healthy fats. If you include meat, fish, poultry, dairy, or

processed (even processed vegan) foods, include in the smallest portions, as garnishes and flavoring if at all (these foods are optional/discretionary).



Sample meal:

- Half the plate is phase 1: a mixed green salad with lettuce, carrots, grape tomatoes, cucumber, red onion, fresh basil, balsamic vinegar, a T dried cranberries, 1 T pecans, black pepper.
- The other half includes phase 2 and 3: a bean burrito on a whole wheat tortilla stuffed with rice, beans, roasted corn, peppers and onions, avocado and salsa or pico de gallo (chopped tomatoes, onion and jalapeno), and a handful of baked corn chips.
- Your phase 3 would be the pecans in the salad, the tortilla, the avocado and baked corn chips.

3-Phase Eating:

Another way to increase nutrients and reduce calories is to eat your 3 phases in order. By the time you finish all the water, fiber and bulk from phase 1 and 2, you likely have crowded out and only have room for a smaller portion of phase 3:

Phase 1, eat first:

- VEGGIES (raw or cooked)
- Eat a minimum of 1 bowl prior to moving on to phase 2, but can eat more if possible
- Examples:
- Bowl of broccoli, carrots, or other raw vegetable is ideal (can dip in oil-free sauce if needed)
- Salads
- Greens in a smoothie
- Whole fruit (juicy kind such as melons, peaches, apples, etc.) can count as phase 1 during breakfast only

Phase 2, eat next:

- WHOLE FOODS – from the ground not manipulated, Think of this as your “Filler” – affects HUNGER, ENERGY, & CRAVINGS
- Example: Brown Rice, Potatoes, Yams, Corn, Oats, Quinoa, Bulgur, Wheat berries, buckwheat, Squash, Legumes, etc. Could also be whole fruit if people want to get a lot of calories from a “raw” source
- At a minimum eat at least a bowl of one of these foods prior to moving on to phase 3

Phase 3, eat last:

HEALTHY processed plant foods as well as whole plant foods that are high in calorie density like nuts and avocados. For those choosing to include animal products, include them in this phase.

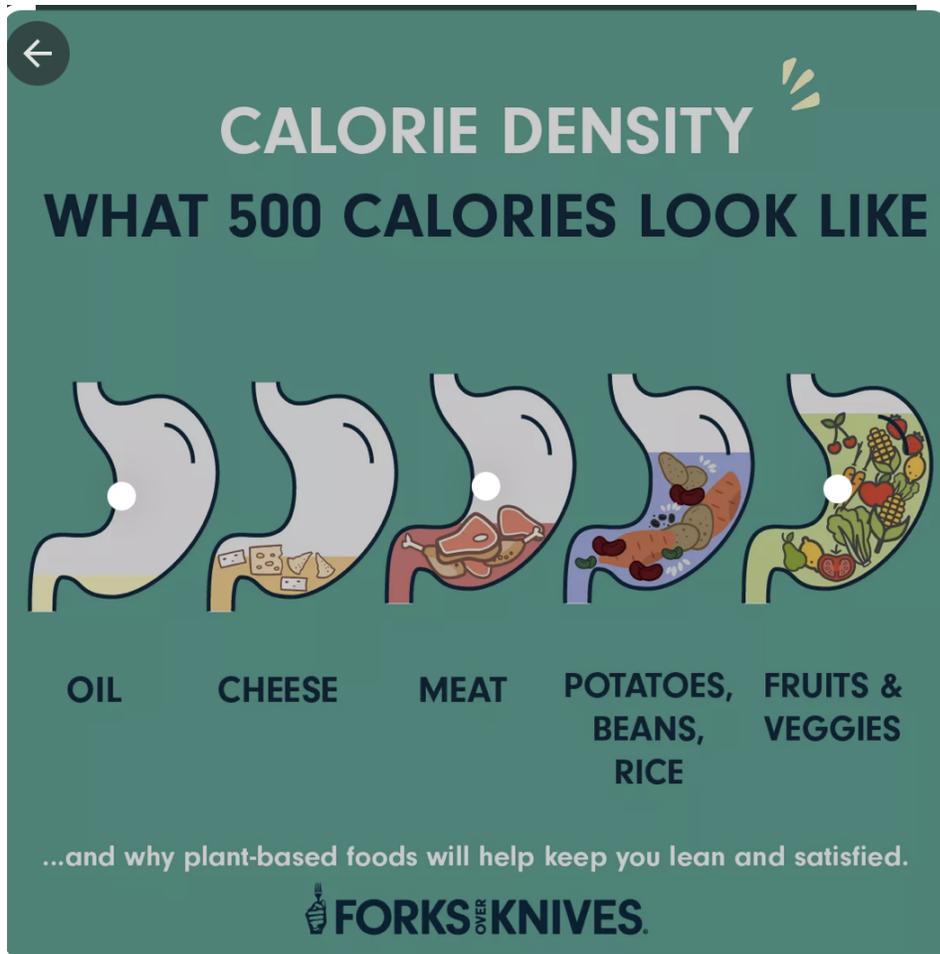
*Think of these as a garnish or something to add more flavor and texture

Examples:

- Richer plant foods: (nuts, seeds, avocados) ideally as garnishes or in desserts on special occasions due to their high calorie content
- Any oil-free, whole grain products like Whole grain breads, whole grain pastas, corn tortillas,
- Whole grain crackers, whole grain chips, puffed grain cereals, non-dairy milks
- Any vegan dish (preferably oil-free) that is mostly but not 100% whole like Lasagna, Pizza, Pasta, Burritos/Enchiladas
- Dessert: always start with a bowl of fruit before eating oil-free vegan desserts

- Less Healthy Processed foods:
- Should only be eaten if no phase 2 or 3 foods are available to eat
- Examples:
- White rice, white breads, white pasta, white crackers, etc.

Like our sample meal, you can mix phase 2 and 3 together but be sure to make your primary calorie source from phase 2.



More tips (for eating out and at home):

- Whenever possible ADD! Bulk up your pasta marinara, pizza, burrito, taco, or stir fry...with extra veggies.
- Raw, cooked without oil, or choose steamed over fried and stir fried.
- Potatoes and yams, choose baked over fried (hold the fixins! Ask for condiments like mustard, ketchup, steak sauce).
- Sauce and/or dressing on the side. Use less, aim for oil-free, or replace with vinegar, lemon, or lime instead.

- Hold the cheese, mayo and butter! Sub avocado (think sandwiches, toast, tacos, burritos).
- Request no oil or easy on the oil (especially at Asian cafes where stir fries are popular).
- Look at the plant-based ingredients in other menu dishes and sides (if they serve beans, ask to add to your dish or salad, if they serve broccoli, ask to add it to your pasta).

Additional information:

Health Risk Foods: (eliminate or minimize) – oils, animal products (meat, dairy, eggs), and man-made carbs (candy), highly processed fake meats, most protein/energy bars, textured vegetable proteins, isolated soy proteins (any extracted proteins), etc.

Drinks: Always drink water or herbal tea as your main beverage. Can also have mineral/seltzer water with lemon or lime.

If you would like something sweeter on occasion you can have seltzer water with a little 100% fruit juice to add some sweetness.

***Processed Foods** = foods that are no longer in their original form as found in nature, are packaged and can live on a shelf for a long time without spoiling.

- Can be **healthy**, for example whole grain bread made from wheat berries, or corn tortillas made from only corn (and maybe lime and salt). Whole grain bread is processed and more calorie dense than wheat berries (the whole food), but still contains fiber and nutrients and is more satiating. Look for the words Whole, Stone Ground, or Sprouted as the first ingredient of your bread (wheat, spelt, oat, etc.).
- Can be **unhealthy**: pretzels possibly made from wheat berries, but the grain has been ground, stripped of fiber, bleached and enriched with chemical additives and often high amounts of salt, oil and sugar. They are high in calorie density, contain little to no nutrients and fiber, are not satiating, and easy to overeat.

Avoid packaged foods that contain a long list of unrecognizable ingredients.