



THE PLANT BASED FOOD COACH

CALORIE DENSITY

HOW TO LOSE WEIGHT
BY EATING MORE

BY COACH LYDIA



Hello Friend,

I'm glad that you are interested in the information about Caloric Density. The chart on the next page brought everything together for me and I had an "Aha" moment! I finally understood what foods were low-calorie density and high in volume that I could eat as much as I wanted so I would feel satisfied and not hungry.

I eat as much as I want from the foods above the green line. There is nothing bad about the food and they won't make you fat (unless you add the fat in!) If you are going for weight loss you should omit or limit additional oil, sugar, and salt.




Once you wrap your head around why you can eat a lot and still drop weight (because of low caloric density), your weight loss journey will be so much easier! If you look at the calorie density of 2 Tbsp. of olive oil vs 2 pounds of broccoli ask yourself which will fill you up and which has no fat? That's the basic concept. Eat foods that you can eat a lot of and stay away from or limit calorically dense food.

When grocery shopping keep in mind the foods that fall above and below the green line and make your adjustments. I loosely follow low caloric density eating throughout the year and then in the last quarter (Oct, Nov, and Dec) I go back to basics and really hunker down to drop any weight I've gained and reset my body for the coming new year.

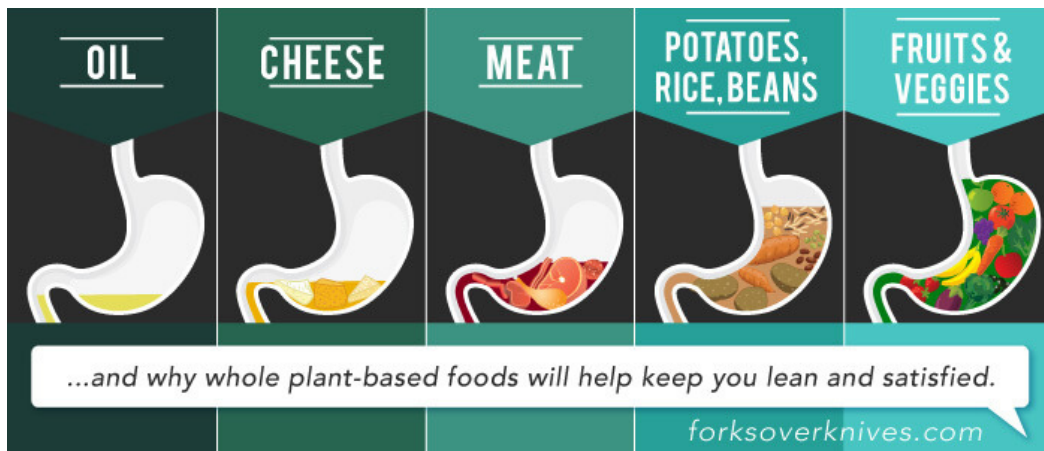
Have fun with it! And...make healthy choices one meal at a time!

Lydia Lynn, Plant Based Food Coach

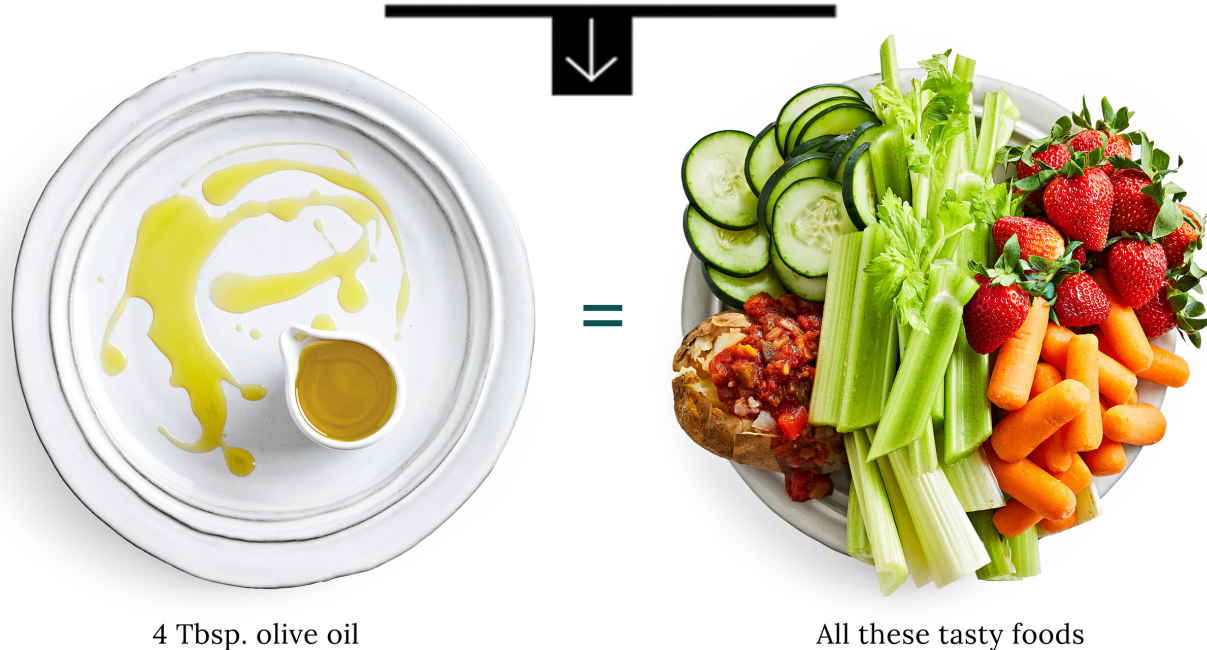
Calorie Density Weight Loss Key

100 CALORIES	VEGETABLES (NON-STARCHY)	 Eat More of This
300 CALORIES	FRUIT	
400 CALORIES	POTATO, CORN, SQUASH, OATS	
500 CALORIES	WHOLE GRAINS, PASTA, RICE	
600 CALORIES	BEANS AND LEGUMES	
		
750 CALORIES	AVOCADOS	 Eat Less of This
1200 CALORIES	ICE CREAM	
1400 CALORIES	BREAD, BAGELS, WRAPS	
1600 CALORIES	CHEESE, DRY CEREAL	
1800 CALORIES	SUGAR, CRACKERS, POPCORN	
2500 CALORIES	CHOCOLATE	
2800 CALORIES	NUTS, SEEDS, BUTTERS, TAHINI	
4000 CALORIES	ALL OILS, OIL-POPPED POPCORN	

Low Density Foods Fill Your Belly!



WHAT 480 CALORIES LOOKS LIKE



The reason why I don't use oil when I cook is that If I am going to eat 480 calories I don't want to waste it using 4 tablespoons of oil. I'd rather eat a big plate of food and use water, vinegar, soy, or another non-oil agent to flavor my food. It's healthier and helps me lose weight.

The following pages will show you the caloric density of olive oil vs vegetables. Skip all oils (olive oil, coconut oil, avocado, etc) get your added fats from nuts, seeds, and whole avocados!

Olive Oil 2 Tbsp. =

239 Calories
27g Fat
0g protein

Nutrition Facts	
Olive Oil	
Serving Size: $\frac{1}{2}$ 2 tbsp (27g)	
Amount Per Serving	
Calories 239	Calories from Fat 243
% Daily Value*	
Total Fat 27g	42%
Saturated Fat 3.7g	19%
Polyunsaturated Fat 2.8g	
Monounsaturated Fat 20g	
Cholesterol 0mg	0%
Sodium 0.5mg	0%
Potassium 0.3mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0.8%

* Percent Daily Values are based on a 2000 calorie diet.

Broccoli 1.84 pounds =

292 calories
3.5g Fat
20g protein

Nutrition Facts	
Broccoli	
Serving Size: $\frac{1}{2}$ 29.4 oz (834.8g)	
Amount Per Serving	
Calories 292.3	Calories from Fat 30.5
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.7g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.4g	
Monounsaturated Fat 0.3g	
Cholesterol 0mg	0%
Sodium 341.7mg	14%
Potassium 2445.6mg	70%
Total Carbohydrates 59.9g	20%
Dietary Fiber 27.3g	109%
Sugars 11.6g	
Protein 20g	
Vitamin A	258.7%
Vitamin C	903.2%
Calcium	25.2%
Iron	31.5%

* Percent Daily Values are based on a 2000 calorie diet.

Mushrooms 2 pounds =

300 calories
4.6g Fat
43g protein

Nutrition Facts	
Raw Mushrooms	
Serving Size: $\frac{1}{2}$ 48 oz (1361.1g)	
Amount Per Serving	
Calories 300	Calories from Fat 41.1
% Daily Value*	
Total Fat 4.6g	7%
Saturated Fat 0.7g	3%
Trans Fat 0g	
Polyunsaturated Fat 2.2g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 68.6mg	3%
Potassium 4326.9mg	124%
Total Carbohydrates 44.6g	15%
Dietary Fiber 13.5g	54%
Sugars 27.4g	
Protein 42.9g	
Vitamin A	0%
Vitamin C	48%
Calcium	3.1%
Iron	37.7%

* Percent Daily Values are based on a 2000 calorie diet.

Brussels Sprouts 2 pounds =

327 Calories
4.6g Fat
23g protein

Nutrition Facts	
Brussels	
Serving Size: $\frac{1}{2}$ 32 oz (907.4g)	
Amount Per Serving	
Calories 326.9	Calories from Fat 41.1
% Daily Value*	
Total Fat 4.6g	7%
Saturated Fat 0.9g	5%
Trans Fat 0g	
Polyunsaturated Fat 2.3g	
Monounsaturated Fat 0.3g	
Cholesterol 0mg	0%
Sodium 190.9mg	8%
Potassium 2875.4mg	82%
Total Carbohydrates 64g	21%
Dietary Fiber 24g	96%
Sugars 16g	
Protein 22.9g	
Vitamin A	140.6%
Vitamin C	937.1%
Calcium	25.1%
Iron	60.6%

* Percent Daily Values are based on a 2000 calorie diet.

Red Cabbage 1.75 pound =

230 calories
0.7g Fat
12g protein

Nutrition Facts	
Red Cabbage	
Serving Size: $\frac{1}{2}$ 28 oz (794g)	
Amount Per Serving	
Calories 230	Calories from Fat 6.4
% Daily Value*	
Total Fat 0.7g	1%
Saturated Fat 0.1g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.3g	
Monounsaturated Fat 0.1g	
Cholesterol 0mg	0%
Sodium 222mg	9%
Potassium 2080mg	59%
Total Carbohydrates 55g	18%
Dietary Fiber 21g	84%
Sugars 26g	
Protein 12g	
Vitamin A	5.2%
Vitamin C	455%
Calcium	26%
Iron	29%

* Percent Daily Values are based on a 2000 calorie diet.

Arugula 1 pound =

113 calories
3g Fat
11g protein

Nutrition Facts	
Arugula	
Serving Size: $\frac{1}{2}$ 16 oz (453.7g)	
Amount Per Serving	
Calories 113.1	Calories from Fat 26.9
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Polyunsaturated Fat 1.4g	
Monounsaturated Fat 0.2g	
Cholesterol 0mg	0%
Sodium 122.3mg	5%
Potassium 1673.7mg	48%
Total Carbohydrates 16.6g	6%
Dietary Fiber 7.4g	30%
Sugars 9.1g	
Protein 11.4g	
Vitamin A	215.4%
Vitamin C	113.1%
Calcium	56%
Iron	36.6%

* Percent Daily Values are based on a 2000 calorie diet.

Olive Oil 2 Tbsp. =

239 Calories
27g Fat
0g protein

Nutrition Facts	
Olive Oil	
Serving Size: $\frac{1}{2}$ 2 tbsp (27g)	
Amount Per Serving	
Calories 239	Calories from Fat 243
% Daily Value*	
Total Fat 27g	42%
Saturated Fat 3.7g	19%
Polyunsaturated Fat 2.8g	
Monounsaturated Fat 20g	
Cholesterol 0mg	0%
Sodium 0.5mg	0%
Potassium 0.3mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0.8%

* Percent Daily Values are based on a 2000 calorie diet.

Avocado 1 medium =

322 calories
29g Fat
4g protein

Nutrition Facts	
Avocado	
Serving Size: $\frac{1}{2}$ 1	
avocado, NS as to Florida or California (201g)	
Amount Per Serving	
Calories 322	Calories from Fat 265
% Daily Value*	
Total Fat 29g	45%
Saturated Fat 4.3g	22%
Trans Fat 0g	
Polyunsaturated Fat 3.7g	
Monounsaturated Fat 20g	
Cholesterol 0mg	0%
Sodium 14mg	1%
Potassium 975mg	28%
Total Carbohydrates 17g	6%
Dietary Fiber 13g	52%
Sugars 1.3g	
Protein 4g	
Vitamin A	5.9%
Vitamin C	34%
Calcium	1.9%
Iron	6.1%

* Percent Daily Values are based on a 2000 calorie diet.

Coconut Oil 2 Tbsp. =

726 calories
78g Fat
0g protein

Nutrition Facts	
Coconut Oil	
Serving Size: $\frac{1}{2}$ 6 tbsp (84g)	
Amount Per Serving	
Calories 726	Calories from Fat 726
% Daily Value*	
Total Fat 78g	120%
Saturated Fat 66g	330%
Trans Fat 0g	
Polyunsaturated Fat 1.4g	
Monounsaturated Fat 5.2g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0.1%
Iron	0.2%

* Percent Daily Values are based on a 2000 calorie diet.

Safflower Oil 2 Tbsp. =

240 Calories
276g Fat
0g protein

Nutrition Facts	
Safflower Oil	
Serving Size: $\frac{1}{2}$ 2 tablespoons (27g)	
Amount Per Serving	
Calories 240	Calories from Fat 245
% Daily Value*	
Total Fat 27g	42%
Saturated Fat 2.1g	11%
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 20g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.

Canola Oil 2 Tbsp. =

248 calories
28g Fat
0g protein

Nutrition Facts	
Canola Oil	
Serving Size: $\frac{1}{2}$ 2 tbsp (28g)	
Amount Per Serving	
Calories 248	Calories from Fat 252
% Daily Value*	
Total Fat 28g	43%
Saturated Fat 2.1g	11%
Trans Fat 0.1g	
Polyunsaturated Fat 7.9g	
Monounsaturated Fat 18g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.

Vegetable Oil 2 Tbsp. =

240 calories
27g Fat
0g protein

Nutrition Facts	
Vegetable Oil	
Serving Size: $\frac{1}{2}$ 2 tbsp (27g)	
Amount Per Serving	
Calories 240	Calories from Fat 245
% Daily Value*	
Total Fat 27g	42%
Saturated Fat 2g	10%
Trans Fat 0.7g	
Polyunsaturated Fat 18g	
Monounsaturated Fat 6.2g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.

Pork Fat Tbsp. =

231 Calories

25g Fat

0g protein

Nutrition Facts	
Pork Fat	
Serving Size: <input type="text" value="2"/> tbsp (26g)	
Amount Per Serving	
Calories 231	Calories from Fat 230
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 10g	50%
Polyunsaturated Fat 2.9g	
Monounsaturated Fat 12g	
Cholesterol 24mg	8%
Sodium 0mg	0%
Potassium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
* Percent Daily Values are based on a 2000 calorie diet.	

Duck Fat 1 medium =

226 calories

26g Fat

0g protein

Nutrition Facts	
Duck Fat	
Serving Size: <input type="text" value="2"/> tbsp (26g)	
Amount Per Serving	
Calories 226	Calories from Fat 230
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 8.5g	43%
Polyunsaturated Fat 3.3g	
Monounsaturated Fat 13g	
Cholesterol 26mg	9%
Sodium 0mg	0%
Potassium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
* Percent Daily Values are based on a 2000 calorie diet.	

Lard 2 Tbsp. =

231 calories

26g Fat

0g protein

Nutrition Facts	
Lard	
Serving Size: <input type="text" value="2"/> tbsp (26g)	
Amount Per Serving	
Calories 231	Calories from Fat 230
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 10g	50%
Polyunsaturated Fat 2.9g	
Monounsaturated Fat 12g	
Cholesterol 24mg	8%
Sodium 0mg	0%
Potassium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
* Percent Daily Values are based on a 2000 calorie diet.	

Beef Tallow 2 Tbsp. =

231 Calories

26g Fat

0g protein

Nutrition Facts	
Beef Tallow	
Serving Size: <input type="text" value="2"/> tbsp (26g)	
Amount Per Serving	
Calories 231	Calories from Fat 230
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 13g	65%
Polyunsaturated Fat 1g	
Monounsaturated Fat 11g	
Cholesterol 28mg	9%
Sodium 0mg	0%
Potassium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
* Percent Daily Values are based on a 2000 calorie diet.	

Chicken Fat 2 Tbsp. =

230 calories

26g Fat

0g protein

Nutrition Facts	
Chicken Fat	
Serving Size: <input type="text" value="2"/> tbsp (26g)	
Amount Per Serving	
Calories 230	Calories from Fat 230
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 7.6g	38%
Polyunsaturated Fat 5.4g	
Monounsaturated Fat 11g	
Cholesterol 22mg	7%
Sodium 0mg	0%
Potassium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
* Percent Daily Values are based on a 2000 calorie diet.	

Ghee 2 Tbsp. =

224 calories

25g Fat

0g protein

Nutrition Facts	
Ghee	
Serving Size: <input type="text" value="2"/> tbsp (26g)	
Amount Per Serving	
Calories 224	Calories from Fat 229
% Daily Value*	
Total Fat 25g	38%
Saturated Fat 16g	80%
Polyunsaturated Fat 0.9g	
Monounsaturated Fat 7.4g	
Cholesterol 66mg	22%
Sodium 0.5mg	0%
Potassium 1.3mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0.1g	
Vitamin A	16%
Vitamin C	0%
Calcium	0.1%
Iron	0%
* Percent Daily Values are based on a 2000 calorie diet.	