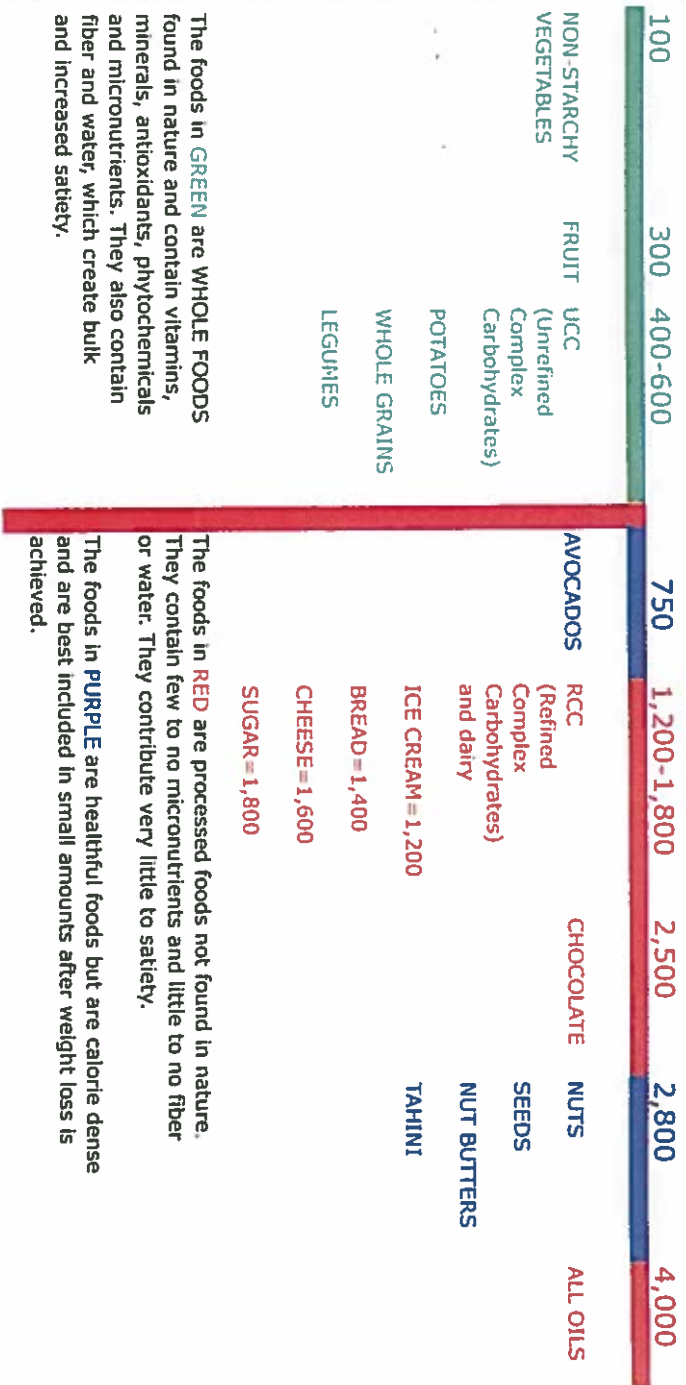


# CHEF AJ CALORIE DENSITY CHART

Average calories per pound



The foods in **GREEN** are **WHOLE FOODS** found in nature and contain vitamins, minerals, antioxidants, phytochemicals and micronutrients. They also contain fiber and water, which create bulk and increased satiety.

The foods in **RED** are processed foods not found in nature. They contain few to no micronutrients and little to no fiber or water. They contribute very little to satiety.

The foods in **PURPLE** are healthful foods but are calorie dense and are best included in small amounts after weight loss is achieved.

For weight loss, weight management and optimum health:  
**EAT TO THE LEFT OF THE RED LINE.**

Email: [chefaj@att.net](mailto:chefaj@att.net) website: [www.eatunprocessed.com](http://www.eatunprocessed.com)

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