

Daily Food Portion Comparison

FOOD ITEM	PORTION SIZE	CALORIES	NUTRIENT DENSITY
Fresh Spinach	2 Cups	14 kcal	High
Grilled Chicken	100g	165 kcal	High
Avocado	1/2 Medium	160 kcal	Medium
White Bread	2 Slices	150 kcal	Low
Almonds	28g (Handful)	170 kcal	Medium
Greek Yogurt	150g	100 kcal	High