

NUTRITIONAL CALORIE COMPARISON

Whole Food Density Chart (per 100g serving)

FOOD ITEM	CALORIES	PROTEIN	FIBER	GLYCEMIC LOAD
Leafy Greens & Vegetables				
Spinach (Raw)	23 kcal	2.9g	2.2g	Low
Broccoli (Steamed)	35 kcal	2.4g	3.3g	Low
Whole Grains & Legumes				
Quinoa (Cooked)	120 kcal	4.4g	2.8g	Medium
Lentils (Boiled)	116 kcal	9.0g	7.9g	Low
Proteins				
Wild Salmon	208 kcal	20.0g	0.0g	Zero

FOOD ITEM	CALORIES	PROTEIN	FIBER	GLYCEMIC LOAD
Chicken Breast	165 kcal	31.0g	0.0g	Zero
Healthy Fats				
Avocado	160 kcal	2.0g	7.0g	Low
Walnuts	654 kcal	15.0g	6.7g	Low

Reference Data Only – Consult a nutritionist for personalized dietary planning