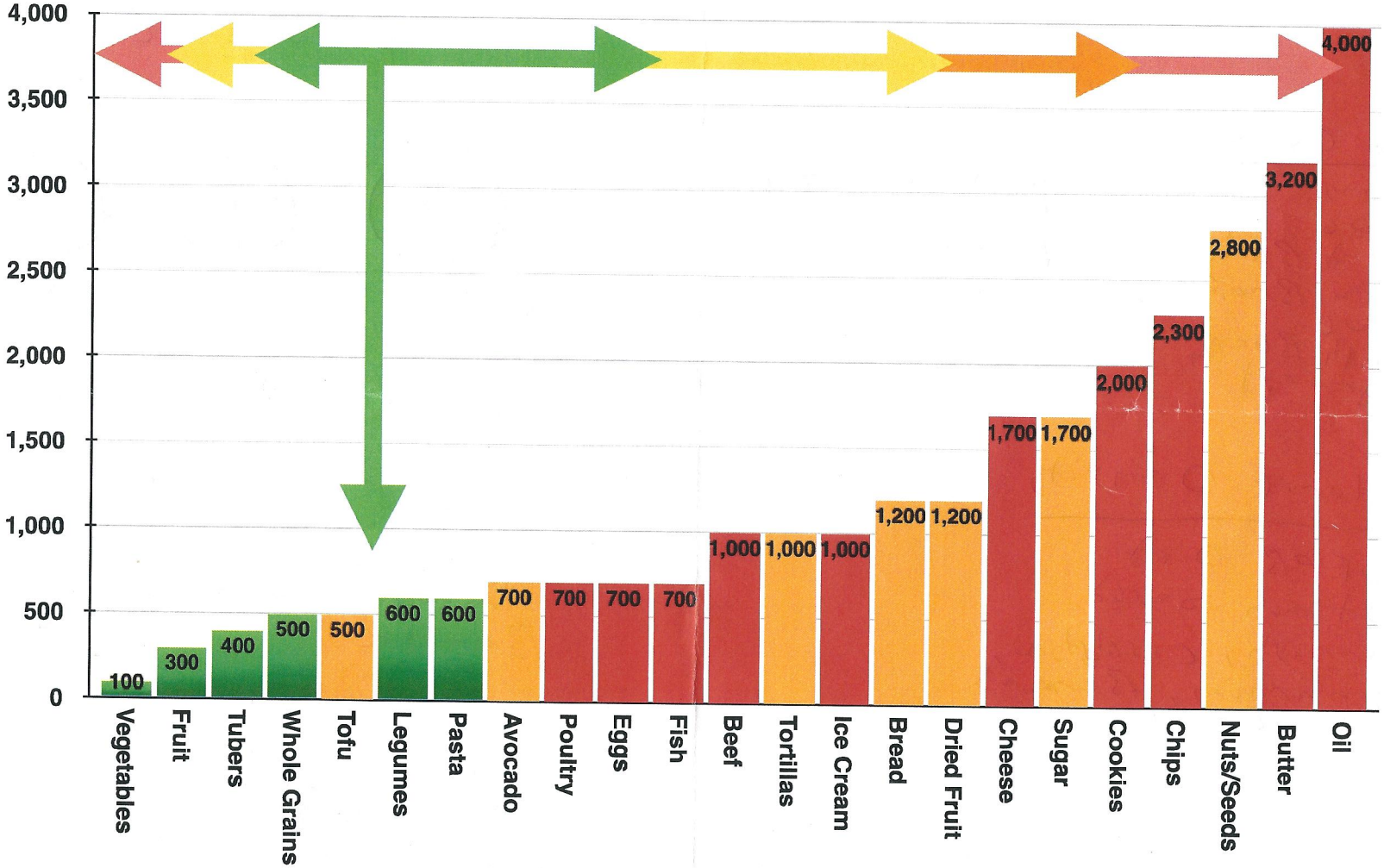
Calorie Density (Calories per pound)



Adapted from: *A Common Sense Approach to Sound Nutrition* by Jeff Novick MS, RD