





























ENERGY DENSITY OF FOODS		www.john.pryor.net.au/blog.html#2020-11-08		Per 100 g	
Food Classification	Examples	kJ	kCal	Ratio	
Salads - No Added Oil/Fat	Celery, Cucumber, Lettuce, Spinach, Tomato	60	14	1	
Vegetables - Low Density - No Added Oil/Fat	Asparagus, Cauliflower Broccoli, Cabbage, Green Beans, Mushrooms	110	26	2	
Fruits - Low Density	Strawberries	120	29	2	
Drinks - Beer	Typical Beers	150	36	3	
Drinks - Soft	Typical Soft Drinks including Coca Cola	160	38	3	
Vegetables - Medium Density - No Added Oil/Fat	Brussel Sprouts, Carrot, Eggplant, Onion, Pumpkin	160	38	3	
Fruits - Medium Density	Apple, Mandarin, Orange	220	53	4	
Vegetables - High Density - No Added Oil/Fat	Potato, Sweet Potato	240	57	4	
Fish - Grilled - Low Density	Dory	350	84	6	
Fruits - High Density	Banana	400	96	7	
Legumes / Lentils	Kidney Beans, Chickpeas, Baked Beans	400	96	7	
Vegetables - Ultra High	Avocado	580	139	10	
Meats - Fried	Beef, Chicken, Lamb	740	177	12	
Pasta - Cooked	Pasta, Spagheetti	740	177	12	
Fish - Grilled - Medium Density	Baramundi, Grouper, Shark, Snapper, Tuna, Whiting	820	196	14	
Vegetables - Deep Fried	Chips, Fries	960	230	16	
Breads	Nearly all breads are similar	1,080	258	18	
Macro Nutrient - Fibre		1,300	311	22	
Sweets - Low Density	Cake	1,440	344	24	
Fish - Grilled - High Density	Salmon	1,450	347	24	
Grains	Rice, Rolled Oats	1,450	347	24	
Breakfast Cereals	Coco Pops, Corn Flakes, Nutrigrain, Weet Bix	1,560	373	26	
Macro Nutrient - Carbohydrates		1,600	383	27	
Macro Nutrient - Protein		1,700	407	28	
Sweets - Medium Density	Biscuit, Cookies	2,010	481	34	
Sweets - High Density	Chocolate	2,220	531	37	
Nuts	Almond, Brazil	2,730	653	46	
Macro Nutrient - Fat/Oil	All Olive Oils, Oils in general.	3,700	885	62	

ENERGY DENSITY OF FOODS	Per 100 g			Graphical Ratio: This is the No. of kJ (or kCal) for the same weight of food.
Food Classification	kJ	kCal	Ratio	e.g. For the same weight, Oil has 62 times more kJ (or kCal) than Salads
Salads - No Added Oil/Fat	60	14	1	
Vegetables - Low Density - No Added Oil/Fat	110	26	2	
Fruits - Low Density	120	29	2	
Drinks - Beer	150	36	3	
Drinks - Soft	160	38	3	
Vegetables - Medium Density - No Added Oil/Fat	160	38	3	
Fruits - Medium Density	220	53	4	
Vegetables - High Density - No Added Oil/Fat	240	57	4	
Fish - Grilled - Low Density	350	84	6	
Fruits - High Density	400	96	7	
Legumes / Lentils	400	96	7	
Vegetables - Ultra High	580	139	10	
Meats - Fried	740	177	12	
Pasta - Cooked	740	177	12	
Fish - Grilled - Medium Density	820	196	14	
Vegetables - Deep Fried	960	230	16	
Breads	1,080	258	18	
Macro Nutrient - Fibre	1,300	311	22	
Sweets - Low Density	1,440	344	24	
Fish - Grilled - High Density	1,450	347	24	
Grains	1,450	347	24	
Breakfast Cereals	1,560	373	26	
Macro Nutrient - Carbohydrates	1,600	383	27	
Macro Nutrient - Protein	1,700	407	28	
Sweets - Medium Density	2,010	481	34	
Sweets - High Density	2,220	531	37	
Nuts	2,730	653	46	
Macro Nutrient - Fat/Oil	3,700	885	62	

ENERGY DENSITY OF FOODS	Per 100 g			Graphical Ratio: The weight of food you can eat for the same No. of kJ (or kCal)
Food Classification	kJ	kCal	Ratio	e.g. For the same kJ (or kCal), you can eat 62 times more Salads
Salads - No Added Oil/Fat	60	14	62	
Vegetables - Low Density - No Added Oil/Fat	110	26	34	
Fruits - Low Density	120	29	31	
Drinks - Beer	150	36	25	
Drinks - Soft	160	38	23	
Vegetables - Medium Density - No Added Oil/Fat	160	38	23	
Fruits - Medium Density	220	53	17	
Vegetables - High Density - No Added Oil/Fat	240	57	15	
Fish - Grilled - Low Density	350	84	11	
Fruits - High Density	400	96	9	
Legumes / Lentils	400	96	9	
Vegetables - Ultra High	580	139	6	
Meats - Fried	740	177	5	
Pasta - Cooked	740	177	5	
Fish - Grilled - Medium Density	820	196	5	
Vegetables - Deep Fried	960	230	4	
Breads	1,080	258	3	
Macro Nutrient - Fibre	1,300	311	3	
Sweets - Low Density	1,440	344	3	
Fish - Grilled - High Density	1,450	347	3	
Grains	1,450	347	3	
Breakfast Cereals	1,560	373	2	
Macro Nutrient - Carbohydrates	1,600	383	2	
Macro Nutrient - Protein	1,700	407	2	
Sweets - Medium Density	2,010	481	2	
Sweets - High Density	2,220	531	2	
Nuts	2,730	653	1	
Macro Nutrient - Fat/Oil	3,700	885	1	