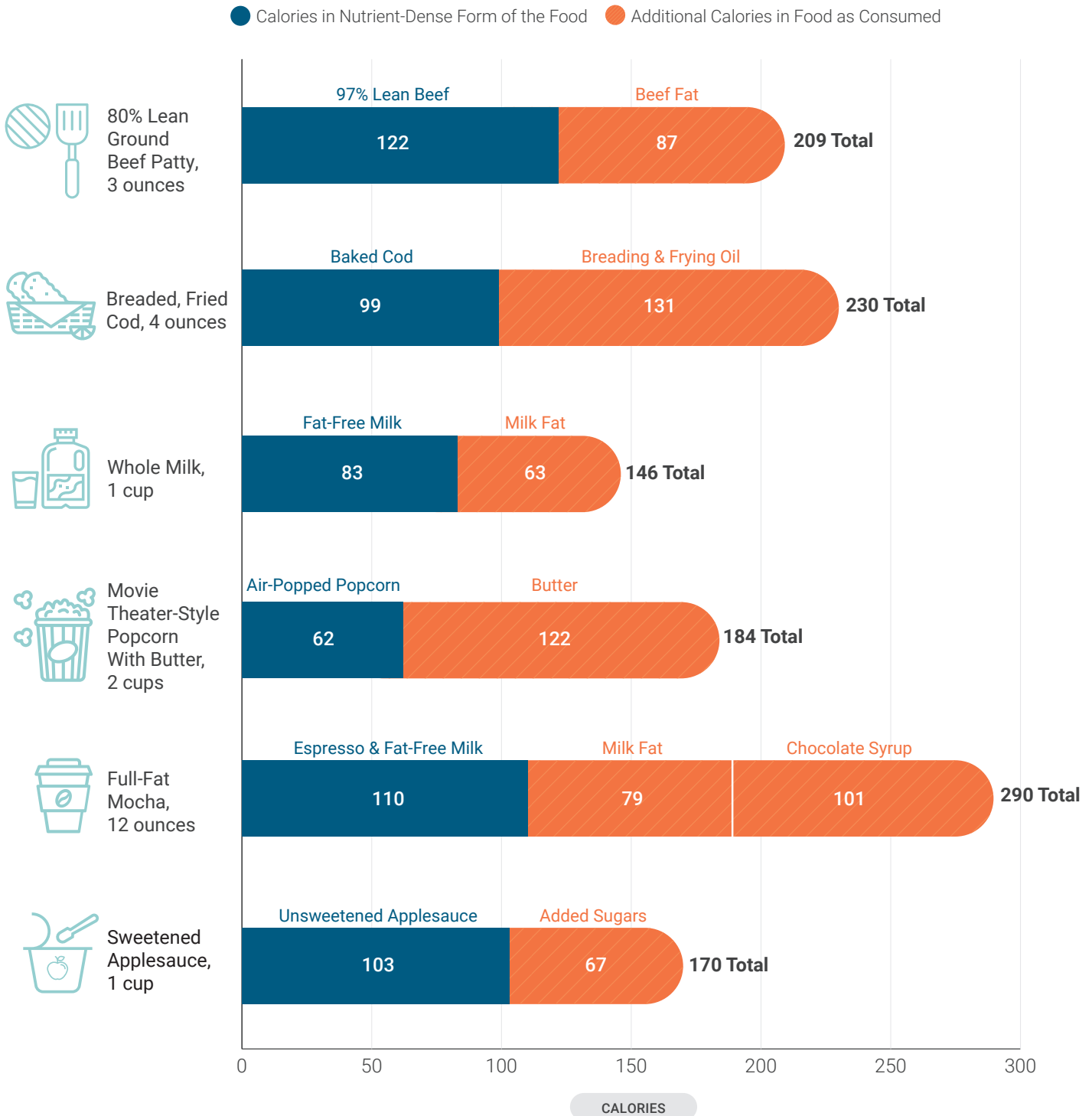


Examples of Calories in Food Choices That Are Not Nutrient Dense and Calories in Nutrient-Dense Forms of These Foods



Data Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.