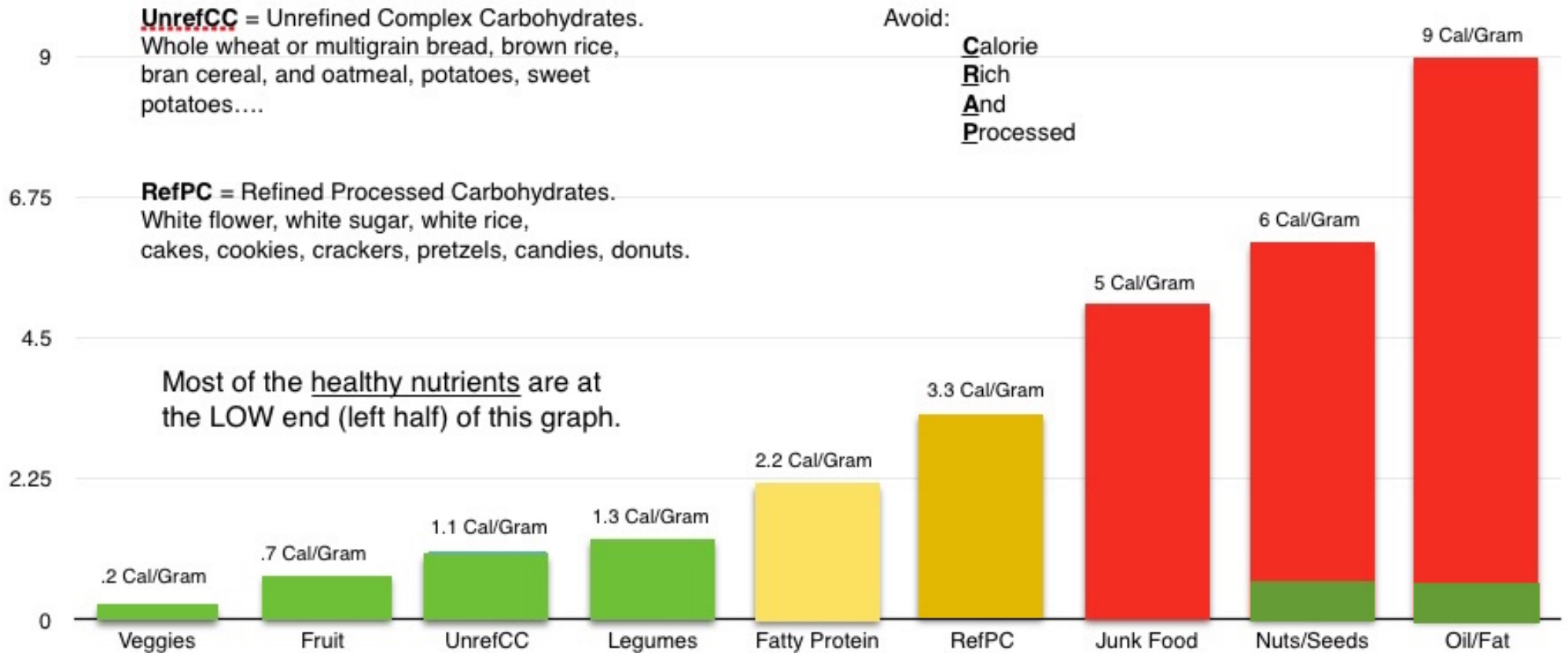


## Calorie Density by Food Group



HIGHEST SATIETY



The goal is to feel "full" (called Satiety) and do it with the healthiest mix of foods you can.



LOWEST SATIETY

VERY LOW



Danger of overeating



VERY HIGH