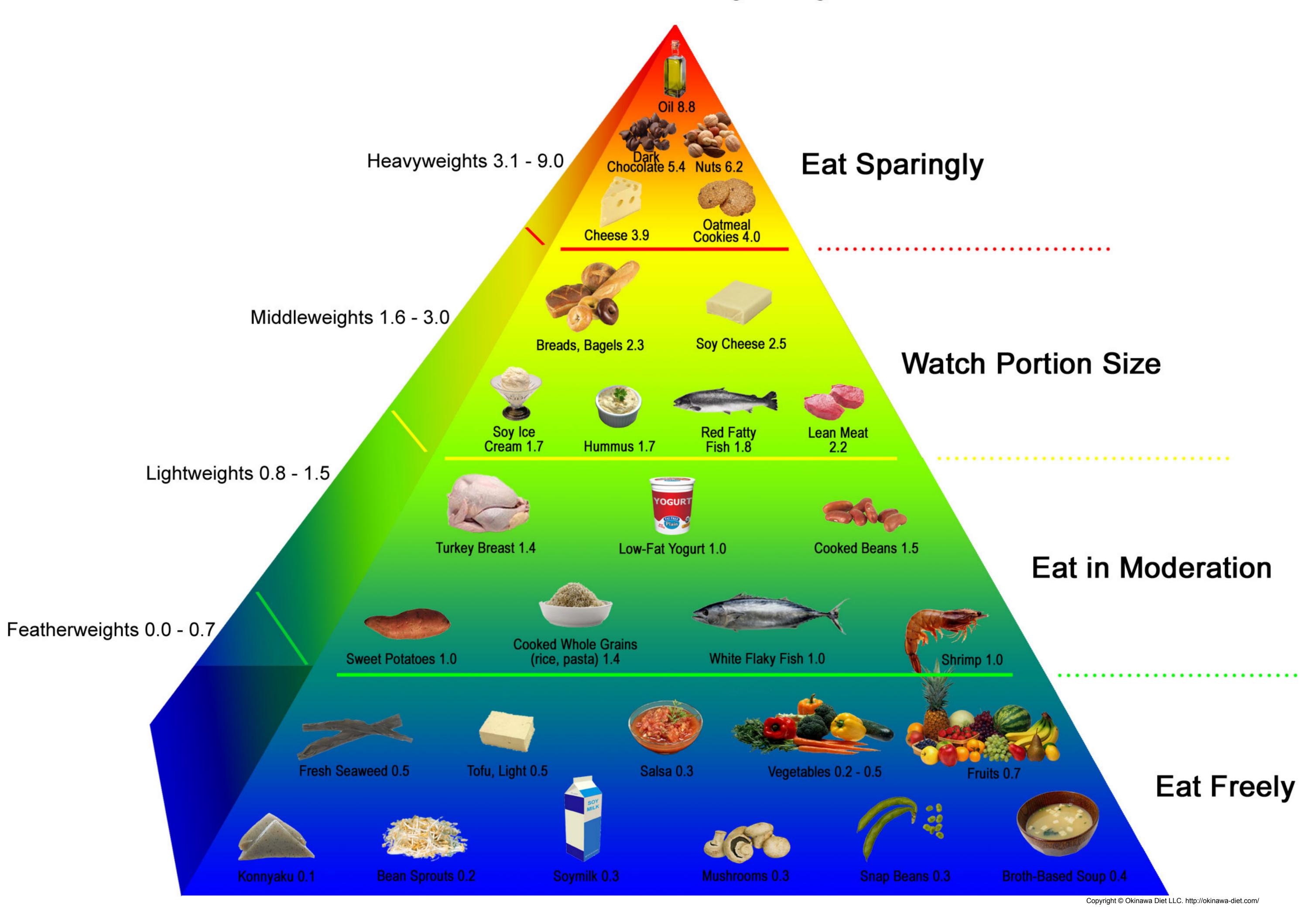
## The Okinawa Diet™ Caloric Density Pyramid



## **Caloric Density Index for Selected Foods**

FEATHERWEIGHTS (0.0-0.7)
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Water	0.0	Swiss chard, boiled	0.2	Carrots	0.4	Tofu, firm light	0.5
Cucumber	0.1	Tomato	0.2	Milk, non fat	0.4	Wakame seaweed	0.5
Lettuce, Romaine	0.1	Bamboo shoots	0.3	Papaya	0.4	Apple	0.6
Konnyaku yam	0.1	Bell pepper, red	0.3	Peach	0.4	Blueberries	0.6
cake	0.1	beli peppei, red	0.3	reacii	0.4	blueberries	0.6
Summer squash	0.1	Broccoli	0.3	Shiitake mushrooms	0.4	Cheese, cottage, fat free	0.6
Tea.	0.1	Grapefruit,	0.3	Soup, tomato,	0.4	Cranberry juice	0.6
·	• • • • • • • • • • • • • • • • • • • •	pink/red	0.0		· · ·	cocktail	0.0
jasmine/green/bl		pirik/red		prepared with		COCKIAII	
ack				water			
Asparagus	0.2	Salsa	0.3	Winter squash	0.4	Milk, whole	0.6
Bitter melon	0.2	Soup, chicken	0.3	Apricots	0.5	Pear	0.6
Ditto: moion	0.2	with rice,	0.0	7.p.10010	0.0		0.0
		prepared with					
		water					
Celery	0.2	Soup, vegetarian	0.3	Dandelion greens	0.5	Grapes	0.7
3		vegetable,		9			
		prepared with					
		water					
Daikon Japanese	0.2	Soy milk	0.3	Orange	0.5	Mango	0.7
white radish							
Hechima	0.2	Strawberries	0.3	Orange juice	0.5	Yogurt, low fat,	0.7
loofa gourd	0.2	Strawberries	0.5	Orange Juice	0.5	plain	0.7
•	0.0	O - us to Lovers	0.4	Correct blook brown	0.5		0.7
Spinach, boiled	0.2	Cantaloupe	0.4	Soup, black bean	0.5	Yogurt,	0.7
				& vegetable, fat		soy, plain	
				free			
LIGHTWEIGHTS	(O.8.	-1.5)					
LIGHTWEIGHTS	(0.0	1.3)					
Panana	0.0	Soho huskwhoot	1.0	Dico	1 1	Souboon groon	1 /
Banana	0.9	Soba buckwheat	1.0	Rice,	1.1	Soybean, green,	1.4
	0.9	noodle, cooked	1.0	brown, cooked	1.1	Soybean, green, boiled	1.4
Banana White flesh fish,	0.9		1.0	· · · · · · · · · · · · · · · · · · ·	1.1 1.1		1.4
		noodle, cooked		brown, cooked		boiled	
White flesh fish, raw	0.9	noodle, cooked Sweet potato, boiled	1.0	brown, cooked Scallops, steamed	1.1	boiled Spaghetti, enriched	1.4
White flesh fish, raw Cheese, cottage,		noodle, cooked Sweet potato, boiled Yogurt, low fat,		brown, cooked Scallops, steamed Pasta, whole		boiled Spaghetti,	
White flesh fish, raw Cheese, cottage, whole	0.9	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit	1.0	brown, cooked Scallops, steamed Pasta, whole wheat	1.1	boiled Spaghetti, enriched Sushi	1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish,	0.9	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna,	1.0	brown, cooked Scallops, steamed Pasta, whole	1.1	boiled Spaghetti, enriched Sushi Tuna salad	1.4
White flesh fish, raw Cheese, cottage, whole	0.9	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit	1.0	brown, cooked Scallops, steamed Pasta, whole wheat	1.1	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with	1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish,	0.9	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna,	1.0	brown, cooked Scallops, steamed Pasta, whole wheat	1.1	boiled Spaghetti, enriched Sushi Tuna salad	1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled	0.9	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian	1.0	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts	1.1	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo	1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish,	0.9 1.0 1.0	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna,	1.0 1.0 1.1	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts	1.1 1.2 1.2	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast,	1.4 1.4 1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled	0.9 1.0 1.0	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian	1.0 1.0 1.1	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts	1.1 1.2 1.2	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo	1.4 1.4 1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked	0.9 1.0 1.0	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian Potatoes, baked	1.0 1.0 1.1	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts	1.1 1.2 1.2	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast,	1.4 1.4 1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled	0.9 1.0 1.0	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian	1.0 1.0 1.1	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts	1.1 1.2 1.2	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast,	1.4 1.4 1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked	0.9 1.0 1.0 1.0	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian Potatoes, baked	1.0 1.0 1.1	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts Tuna, canned in water, drained	1.1 1.2 1.2	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted	1.4 1.4 1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked	0.9 1.0 1.0 1.0	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian Potatoes, baked	1.0 1.0 1.1	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts	1.1 1.2 1.2	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center	1.4 1.4 1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked	0.9 1.0 1.0 1.0	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian Potatoes, baked	1.0 1.0 1.1	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts Tuna, canned in water, drained	1.1 1.2 1.2	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat,	1.4 1.4 1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked	0.9 1.0 1.0 1.0	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian Potatoes, baked	1.0 1.0 1.1	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts Tuna, canned in water, drained	1.1 1.2 1.2	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center	1.4 1.4 1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked MIDDLEWEIGHTS Egg, hard-boiled	0.9 1.0 1.0 1.0 (1.6	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian Potatoes, baked 5-3.0) Salmon, cooked, dry heat	1.0 1.0 1.1 1.1	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts  Tuna, canned in water, drained  Soy sour cream	1.1 1.2 1.2 1.2	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat, braised	1.4 1.4 1.4 1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked MIDDLEWEIGHTS Egg, hard-boiled Chicken breast,	0.9 1.0 1.0 1.0	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian Potatoes, baked 5-3.0) Salmon, cooked, dry heat Tuna, cooked, dry	1.0 1.0 1.1	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts  Tuna, canned in water, drained  Soy sour cream  Beef rib steak,	1.1 1.2 1.2	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat, braised Bread, pita,	1.4 1.4 1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked MIDDLEWEIGHTS Egg, hard-boiled Chicken breast, skinless, roasted	0.9 1.0 1.0 1.0 (1.6 1.7	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian Potatoes, baked 5-3.0) Salmon, cooked, dry heat Tuna, cooked, dry heat	1.0 1.0 1.1 1.1 1.8	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts  Tuna, canned in water, drained  Soy sour cream  Beef rib steak, lean, broiled	1.1 1.2 1.2 1.2 2.1	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat, braised Bread, pita, whole wheat	1.4 1.4 1.4 1.4 2.5
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked MIDDLEWEIGHTS Egg, hard-boiled Chicken breast,	0.9 1.0 1.0 1.0 (1.6	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian Potatoes, baked 5-3.0) Salmon, cooked, dry heat Tuna, cooked, dry heat Bagel, plain,	1.0 1.0 1.1 1.1	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts  Tuna, canned in water, drained  Soy sour cream  Beef rib steak, lean, broiled Distilled alcohol	1.1 1.2 1.2 1.2	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat, braised Bread, pita,	1.4 1.4 1.4 1.4
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked MIDDLEWEIGHTS Egg, hard-boiled Chicken breast, skinless, roasted Hummus	0.9 1.0 1.0 1.0 (1.6 1.7	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian Potatoes, baked 5-3.0) Salmon, cooked, dry heat Tuna, cooked, dry heat	1.0 1.0 1.1 1.1 1.8 1.8 2.0	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts  Tuna, canned in water, drained  Soy sour cream  Beef rib steak, lean, broiled	1.1 1.2 1.2 1.2 2.1 2.2 2.3	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat, braised Bread, pita, whole wheat Bagel, plain	1.4 1.4 1.4 1.4 2.5 2.7 2.8
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked MIDDLEWEIGHTS Egg, hard-boiled Chicken breast, skinless, roasted Hummus	0.9 1.0 1.0 1.0 (1.6 1.7	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian Potatoes, baked 5-3.0) Salmon, cooked, dry heat Tuna, cooked, dry heat Bagel, plain,	1.0 1.0 1.1 1.1 1.8	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts  Tuna, canned in water, drained  Soy sour cream  Beef rib steak, lean, broiled Distilled alcohol	1.1 1.2 1.2 1.2 2.1 2.2 2.3	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat, braised Bread, pita, whole wheat	1.4 1.4 1.4 1.4 2.5
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked MIDDLEWEIGHTS Egg, hard-boiled Chicken breast, skinless, roasted	0.9 1.0 1.0 1.0 (1.6 1.7	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian  Potatoes, baked  5-3.0)  Salmon, cooked, dry heat  Tuna, cooked, dry heat Bagel, plain, whole wheat Pork chop, center	1.0 1.0 1.1 1.1 1.8 1.8 2.0	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts  Tuna, canned in water, drained  Soy sour cream  Beef rib steak, lean, broiled Distilled alcohol (rum/vodka/gin) Cheese,	1.1 1.2 1.2 1.2 2.1	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat, braised Bread, pita, whole wheat Bagel, plain	1.4 1.4 1.4 1.4 2.5 2.7 2.8
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked MIDDLEWEIGHTS Egg, hard-boiled Chicken breast, skinless, roasted Hummus	0.9 1.0 1.0 1.0 (1.6 1.7	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian Potatoes, baked 5-3.0) Salmon, cooked, dry heat Tuna, cooked, dry heat Bagel, plain, whole wheat	1.0 1.0 1.1 1.1 1.8 1.8 2.0	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts  Tuna, canned in water, drained  Soy sour cream  Beef rib steak, lean, broiled Distilled alcohol (rum/vodka/gin) Cheese, Mozzarella, part	1.1 1.2 1.2 1.2 2.1 2.2 2.3	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat, braised Bread, pita, whole wheat Bagel, plain  Muffin, wheat	1.4 1.4 1.4 1.4 2.5 2.7 2.8
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked MIDDLEWEIGHTS Egg, hard-boiled Chicken breast, skinless, roasted Hummus Soybean, boiled	0.9 1.0 1.0 1.0 (1.6 1.7 1.7	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian  Potatoes, baked  5-3.0)  Salmon, cooked, dry heat  Tuna, cooked, dry heat Bagel, plain, whole wheat Pork chop, center cut, lean, braised	1.0 1.0 1.1 1.1 1.8 2.0 2.0	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts  Tuna, canned in water, drained  Soy sour cream  Beef rib steak, lean, broiled Distilled alcohol (rum/vodka/gin) Cheese, Mozzarella, part skim	1.1 1.2 1.2 1.2 2.1 2.2 2.3 2.5	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat, braised Bread, pita, whole wheat Bagel, plain  Muffin, wheat bran, low	1.4 1.4 1.4 1.4 2.5 2.7 2.8 2.8
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked MIDDLEWEIGHTS Egg, hard-boiled Chicken breast, skinless, roasted Hummus Soybean, boiled Trout, baked or	0.9 1.0 1.0 1.0 (1.6 1.7	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian  Potatoes, baked  5-3.0)  Salmon, cooked, dry heat  Tuna, cooked, dry heat Bagel, plain, whole wheat Pork chop, center cut, lean, braised  Pumpkin pie,	1.0 1.0 1.1 1.1 1.8 1.8 2.0	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts  Tuna, canned in water, drained  Soy sour cream  Beef rib steak, lean, broiled Distilled alcohol (rum/vodka/gin) Cheese, Mozzarella, part	1.1 1.2 1.2 1.2 2.1 2.2 2.3	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat, braised Bread, pita, whole wheat Bagel, plain  Muffin, wheat bran, low  Beef rib steak,	1.4 1.4 1.4 1.4 2.5 2.7 2.8
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked MIDDLEWEIGHTS Egg, hard-boiled Chicken breast, skinless, roasted Hummus Soybean, boiled Trout, baked or broiled	0.9 1.0 1.0 1.0 (1.6 1.7 1.7 1.7	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian  Potatoes, baked  5-3.0)  Salmon, cooked, dry heat  Tuna, cooked, dry heat Bagel, plain, whole wheat Pork chop, center cut, lean, braised  Pumpkin pie, prepared	1.0 1.0 1.1 1.1 1.8 2.0 2.0	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts  Tuna, canned in water, drained  Soy sour cream  Beef rib steak, lean, broiled Distilled alcohol (rum/vodka/gin) Cheese, Mozzarella, part skim Cheese, soy	1.1 1.2 1.2 1.2 2.1 2.2 2.3 2.5	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat, braised Bread, pita, whole wheat Bagel, plain  Muffin, wheat bran, low  Beef rib steak, with fat, broiled	1.4 1.4 1.4 1.4 2.5 2.7 2.8 2.8
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked MIDDLEWEIGHTS Egg, hard-boiled Chicken breast, skinless, roasted Hummus Soybean, boiled Trout, baked or	0.9 1.0 1.0 1.0 (1.6 1.7 1.7	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian  Potatoes, baked  5-3.0)  Salmon, cooked, dry heat  Tuna, cooked, dry heat Bagel, plain, whole wheat Pork chop, center cut, lean, braised  Pumpkin pie,	1.0 1.0 1.1 1.1 1.8 2.0 2.0	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts  Tuna, canned in water, drained  Soy sour cream  Beef rib steak, lean, broiled Distilled alcohol (rum/vodka/gin) Cheese, Mozzarella, part skim	1.1 1.2 1.2 1.2 2.1 2.2 2.3 2.5	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat, braised Bread, pita, whole wheat Bagel, plain  Muffin, wheat bran, low  Beef rib steak,	1.4 1.4 1.4 1.4 2.5 2.7 2.8 2.8
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked MIDDLEWEIGHTS Egg, hard-boiled Chicken breast, skinless, roasted Hummus Soybean, boiled Trout, baked or broiled Ice cream,	0.9 1.0 1.0 1.0 (1.6 1.7 1.7 1.7	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian  Potatoes, baked  5-3.0)  Salmon, cooked, dry heat  Tuna, cooked, dry heat Bagel, plain, whole wheat Pork chop, center cut, lean, braised  Pumpkin pie, prepared	1.0 1.0 1.1 1.1 1.8 2.0 2.0	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts  Tuna, canned in water, drained  Soy sour cream  Beef rib steak, lean, broiled Distilled alcohol (rum/vodka/gin) Cheese, Mozzarella, part skim Cheese, soy Ice cream,	1.1 1.2 1.2 1.2 2.1 2.2 2.3 2.5	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat, braised Bread, pita, whole wheat Bagel, plain  Muffin, wheat bran, low  Beef rib steak, with fat, broiled	1.4 1.4 1.4 1.4 2.5 2.7 2.8 2.8
White flesh fish, raw Cheese, cottage, whole White flesh fish, baked or broiled Shrimp, cooked MIDDLEWEIGHTS Egg, hard-boiled Chicken breast, skinless, roasted Hummus Soybean, boiled Trout, baked or broiled	0.9 1.0 1.0 1.0 (1.6 1.7 1.7 1.7	noodle, cooked Sweet potato, boiled Yogurt, low fat, with fruit Lasagna, vegetarian  Potatoes, baked  5-3.0)  Salmon, cooked, dry heat  Tuna, cooked, dry heat Bagel, plain, whole wheat Pork chop, center cut, lean, braised  Pumpkin pie, prepared	1.0 1.0 1.1 1.1 1.8 2.0 2.0	brown, cooked Scallops, steamed Pasta, whole wheat Soybean sprouts  Tuna, canned in water, drained  Soy sour cream  Beef rib steak, lean, broiled Distilled alcohol (rum/vodka/gin) Cheese, Mozzarella, part skim Cheese, soy	1.1 1.2 1.2 1.2 2.1 2.2 2.3 2.5	boiled Spaghetti, enriched Sushi  Tuna salad sandwich with light mayo Turkey breast, skinless, roasted  Pork chop, center cut with fat, braised Bread, pita, whole wheat Bagel, plain  Muffin, wheat bran, low  Beef rib steak, with fat, broiled Bread, whole	1.4 1.4 1.4 1.4 2.5 2.7 2.8 2.8

## HEAVYWEIGHTS (3.1 to 9.0)

Cheesecake	3.2	Cheese, cheddar	4.0	Chocolate chip cookies	4.9	Peanut, dry roasted	5.9
Heavy cream	3.5	Oatmeal cookies	4.0	Sweet chocolate candy	5.1	Peanut butter, smooth	5.9
Cheese, Swiss	3.8	Doughnut, glazed	4.3	Corn chips, plain	5.4	Butter	7.2
Popcorn, air- popped	3.8	Soybean, dry roasted	4.5	Potato chips	5.4	Mayonnaise, full fat	7.2
Crackers, fat free, whole wheat	4.0	Slim-Fast peanut crunch bar	4.6	Pork bacon, broiled	5.8	Oil, vegetable	8.8