

Author Full Name : Carl Borden**Received Date :** 06/22/2023 04:26 PM**Comments Received :**

Calorie density is a simple and effective weight loss strategy because it helps people choose foods that keep them feeling full on fewer calories. High calorie density foods have a lot of calories concentrated in a small amount of food. Low calorie density foods contain fewer calories for the same weight. Knowing the number of a food's calories per gram (I call it "cal-grams"), rounded to the nearest tenth, is thus important information that should be displayed on package fronts. For beverages, calories per ounce (or milliliter) should be displayed on the bottle or box front.