

# The Okinawa Diet™

## Caloric Density Pyramid





# Caloric Density Index for Selected Foods

## FEATHERWEIGHTS (0.0-0.7)

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 cake	0.1	Bell pepper, red	0.3	Peach	0.4	Blueberries	0.6
Summer squash	0.1	Broccoli	0.3	Shiitake mushrooms	0.4	Cheese, cottage, fat free	0.6
Tea, jasmine/green/black	0.1	Grapefruit, pink/red	0.3	Soup, tomato, prepared with water	0.4	Cranberry juice cocktail	0.6
Asparagus	0.2	Salsa	0.3	Winter squash	0.4	Milk, whole	0.6
Bitter melon	0.2	Soup, chicken with rice, prepared with water	0.3	Apricots	0.5	Pear	0.6
Celery	0.2	Soup, vegetarian vegetable, prepared with water	0.3	Dandelion greens	0.5	Grapes	0.7
Daikon Japanese white radish	0.2	Soy milk	0.3	Orange	0.5	Mango	0.7
Hechima loofa gourd	0.2	Strawberries	0.3	Orange juice	0.5	Yogurt, low fat, plain	0.7
Spinach, boiled	0.2	Cantaloupe	0.4	Soup, black bean & vegetable, fat free	0.5	Yogurt, soy, plain	0.7

## LIGHTWEIGHTS (0.8-1.5)

Banana	0.9	Soba buckwheat noodle, cooked	1.0	Rice, brown, cooked	1.1	Soybean, green, boiled	1.4
White flesh fish, raw	0.9	Sweet potato, boiled	1.0	Scallops, steamed	1.1	Spaghetti, enriched	1.4
Cheese, cottage, whole	1.0	Yogurt, low fat, with fruit	1.0	Pasta, whole wheat	1.2	Sushi	1.4
White flesh fish, baked or broiled	1.0	Lasagna, vegetarian	1.1	Soybean sprouts	1.2	Tuna salad sandwich with light mayo	1.4
Shrimp, cooked	1.0	Potatoes, baked	1.1	Tuna, canned in water, drained	1.2	Turkey breast, skinless, roasted	1.4

## MIDDLEWEIGHTS (1.6-3.0)

Egg, hard-boiled	1.6	Salmon, cooked, dry heat	1.8	Soy sour cream	2.1	Pork chop, center cut with fat, braised	2.5
Chicken breast, skinless, roasted	1.7	Tuna, cooked, dry heat	1.8	Beef rib steak, lean, broiled	2.2	Bread, pita, whole wheat	2.7
Hummus	1.7	Bagel, plain, whole wheat	2.0	Distilled alcohol (rum/vodka/gin)	2.3	Bagel, plain	2.8
Soybean, boiled	1.7	Pork chop, center cut, lean, braised	2.0	Cheese, Mozzarella, part skim	2.5	Muffin, wheat bran, low	2.8
Trout, baked or broiled	1.7	Pumpkin pie, prepared	2.0	Cheese, soy	2.5	Beef rib steak, with fat, broiled	3.0
Ice cream, Haagen Dazs, low fat, vanilla	1.8	Soy dressing	2.0	Ice cream, Haagen Dazs, vanilla	2.5	Bread, whole wheat	3.0

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