

## 5 most calorie-dense foods you regularly eat

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Whether you are trying to lose or gain weight, striking the right balance between calorie intake and exercise is key to achieving your goals. In both cases, being aware of calorie-dense foods can help you make more informed dietary choices.



Dr Sermed Mezher, a UK-based general practitioner, recently shared the top five calorie-rich foods people should know about. While these foods can help those looking to gain weight, people trying to lose weight may want to consume them in moderation.

**DARK CHOCOLATE: 550– 575 CALORIES PER 100 G**

Dark chocolate is known for its health benefits. It is rich in antioxidants such as flavonols, which help combat oxidative stress, reduce inflammation, and improve cognitive function. However, it is also high in calories.

According to Dr Mezher, “Dark chocolate with 85% or more cocoa has more calories than milk chocolate and less water, which means there is more space for fat.”

**SEEDS: 575–600 CALORIES PER 100 G**

Seeds are surprisingly calorie-dense. “Seeds contain enough energy to grow an entire plant. They are a dense combination of proteins, fats and very little water,” Dr Mezher explained.

**NUTS: 600–720 CALORIES PER 100 G**

“Nuts and nut butters are nature’s energy pods. When ground into butter, they maintain a similar calorie density,” said Dr Mezher. Because nut butter is already ground, it can be easy to overconsume.

**BUTTER AND GHEE: 715– 870 CALORIES PER 100 G**

Butter and ghee are primarily made up of fat with a small amount of water and milk solids, which makes them highly calorie-dense. Dr Mezher ranks them among the top calorie-rich foods and recommends limiting their intake if you are trying to lose weight.

**PURE OILS: 880–900 CALORIES PER 100 G**

Pure oils such as olive oil and coconut oil are almost entirely fat, with no water, fibre or protein. Even one tablespoon can contain around 120 calories.

“While oils can be part of a healthy, balanced diet, they are not necessary for those aiming to maintain an energy-deficient diet to lose weight,” Dr Mezher said.