

Eat Less and Cut Calories!



When you are trying to manage your weight or lose weight, it is important to cut back on how much you eat. An easy way to get started is to cut 100 calories from your diet—each day.

Your plan for eating less can be as simple as substituting healthier foods at home, work, or even at your favorite restaurants. If substituting is not an option, you could downsize your portion to save some calories. Or you can cut 100 calories simply by eating a little less.

All you have to do is pick one of these tips daily for a perfect start to cutting calories.

Substitute a healthier version and save 100 or more calories.

- ▶ Substitute four egg whites or $\frac{1}{2}$ cup egg substitute for two whole eggs.
- ▶ Top pancakes or waffles with fresh fruit instead of syrup.
- ▶ Enjoy salsa rather than cheese dip with tortilla chips.
- ▶ Select an appetizer as your main entrée.
- ▶ Choose diet soda instead of regular soda to save the sugary calories.
- ▶ Bake, rather than fry, your French fries.
- ▶ Choose red sauce instead of cream-based sauces on pasta.
- ▶ Choose broth-based soups instead of cream-based soups.
- ▶ Skip the high-calorie energy drink and choose water flavored with lemon or lime.

- ▶ Order a deli sandwich with sliced whole-wheat bread instead of a bagel or croissant.
- ▶ Order your pizza with thin crust rather than thick (pan) crust.

Save 100 calories or more when you downsize.

- ▶ Choose soft tacos instead of crispy tacos.
- ▶ Use a small bowl for your morning cereal instead of a larger bowl.
- ▶ At a fast food restaurant, choose a small shake instead of a medium shake.
- ▶ Order lunch-sized portions of entrées (even when you're out to dinner), instead of the much larger dinner portion.
- ▶ Leave the mayo off sandwiches and hamburgers.

Eat a little less to save 100 or more calories.

- ▶ At Chinese or Thai restaurants, spoon a little less rice on your plate.
- ▶ Split a meal with your spouse or friend next time you go out to eat.
- ▶ Ask for the salad dressing on the side rather than on your salad.
- ▶ Eat half of a sandwich at lunch and save the other half for dinner with a salad.
- ▶ Cut out one can of soda every day.

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