



Easy Ways to Cut an **Extra 100 Calories**

Small changes in the types of foods you eat and in the portion sizes you choose will quickly add up. Here are smart ways to help you cut 100 calories. Follow the tips every day to lose weight and get the body you want – just in time for summer!

February

- 1** Select nonfat or 1% milk instead of whole milk
- 2** Use a small glass for your juice and a small bowl for your cereal
- 3** Savor a bowl of bananas, berries, low-fat milk, and sugar substitute instead of a sweet roll
- 4** Customize spaghetti sauce with fresh zucchini, green peppers, mushrooms, and onions instead of adding meat
- 5** Put lettuce, tomato, onions, and pickles on your burger or sandwich instead of cheese
- 6** Prepare tuna or chicken salad with fat-free mayonnaise
- 7** Grill your sandwich using nonstick cooking spray instead of butter
- 8** Stuff a pita pocket with more fresh vegetables, less meat and cheese
- 9** Pick water-packed tuna instead of tuna packed in oil
- 10** Eat slowly to make your meal last and reduce your urge for second helpings
- 11** Satisfy your sweet tooth with a sliver, bite, or taste of dessert instead of a full portion
- 12** Trade 1 cup of ice cream for a half cup topped with 1 cup of sliced strawberries
- 13** Freeze blended fresh fruit into a sorbet for a refreshing dessert
- 14** Leave the cone at the counter; have a single dip ice cream scoop in a cup
- 15** Swap regular soda for sparkling water with a squeeze of lemon or orange
- 16** Pay attention to serving sizes; some cans and bottles contain 2 or more servings
- 17** Prepare hot chocolate and instant breakfast drinks with skim milk instead of whole milk
- 18** Add a splash of 100% fruit juice to sweeten fresh brewed iced tea in place of sugar
- 19** Freeze grapes or watermelon wedges for a popsicle-like treat
- 20** Blend a smoothie made from non-fat yogurt, skim milk and fresh fruit instead of ice cream
- 21** Choose 1 cup of fresh grapes, melon, or berries in place of licorice or jelly beans
- 22** Munch on a small bag of microwave popcorn with no added butter
- 23** Split a dessert with your dining companion or order one for the table and enjoy a few bites
- 24** Ask for the bread basket to be removed from the table as you sit down
- 25** Ask for a cup of soup rather than a bowl
- 26** Enjoy a box of Sweethearts candies instead of chocolate kisses this Valentine's
- 27** At the deli, order a whole wheat wrap instead of a sandwich on bread
- 28** Indulge your cupcake craving with less guilt by only eating the top half

March

- 1** Use 6 oz of nonfat Greek yogurt
- 2** Split a bagel with someone, or wrap up the other half for tomorrow's breakfast
- 3** Flavor your coffee with cinnamon and nutmeg instead of flavored syrup
- 4** Swap your morning bagel for an English muffin
- 5** Select a portion-controlled frozen entree in place of a burger and fries
- 6** Top your brownie with light whipped cream instead of ice cream
- 7** Make a pizza with half the cheese
- 8** Select soft taco size (6-8 inch) flour tortillas instead of the larger burrito size
- 9** Substitute fat-free sour cream in recipes
- 10** Choose 1% cottage cheese in place of regular
- 11** Opt for the small or medium drink instead of the large
- 12** Choose whipped yogurt over the regular kind
- 13** Dip your fork into your salad dressing, then pick up the lettuce leaves--not the other way around
- 14** Replace just 8 ounces of soft drink, fruit juice, or fruit beverage with water
- 15** Control your portions by pouring an individual serving of pretzels or chips into a bowl instead of eating from the bag
- 16** Try raw vegetables instead of tortilla chips with salsa
- 17** Try baked chips in place of the regular variety
- 18** Enjoy canned fruit packed in water or its natural juice instead of heavy syrup
- 19** Select minestrone or other broth-based soups over cream-based ones
- 20** Skip the super-size promotions
- 21** Order vinaigrette dressing rather than a mayonnaise-based dressing
- 22** Ask for croutons to be removed from your salad
- 23** Use hummus instead of mustard or mayo on your sandwich
- 24** On nachos, swap sour cream for low-fat refried beans and chunky salsa
- 25** Have a high-protein granola bar instead of an energy bar as a post-workout snack
- 26** Trim any visible fat from your steak
- 27** Choose chocolate sorbet over chocolate ice cream
- 28** Skip the tortilla chips at Mexican restaurant
- 29** Order grilled chicken or fish instead of pasta at your favorite Italian restaurant
- 30** Bake mini-muffins instead of full-size varieties
- 31** Mix protein powder with milk or water instead of blending a fruit smoothie

April

- 1** Spread 2 Tbsp of fat-free cream cheese in place of regular cream cheese on your muffin, bagel, or toast
- 2** Substitute all fruit jam for the sugar rich varieties
- 3** Select lean ham or Canadian bacon in place of regular sausage or bacon
- 4** Choose marinara sauce over alfredo on pasta night
- 5** Leave 3 to 4 bites on your plate
- 6** Use 2 Tbsp balsamic vinegar and 1 tsp extra virgin olive oil in place of regular dressing
- 7** Order pizza with grilled chicken in place of pepperoni
- 8** Trim all fat from beef, pork, and chicken
- 9** Enjoy your salad without the croutons
- 10** Bake, broil, or grill chicken and fish rather than frying
- 11** Choose your piece of sheet cake from the middle, where there's less icing
- 12** Top angel food cake with berries instead of icing or chocolate sauce
- 13** Cut a half slice of cake or pie
- 14** Sauté your veggies and meat in low-sodium chicken broth instead of oil
- 15** Enjoy a dish of in season fresh fruit instead of custard or pudding
- 16** Drink light beer - limit yourself to 1 or 2 - instead of regular
- 17** Use sparkling water or seltzer as a mixer in place of tonic or soda
- 18** Choose 100% fruit juices
- 19** Pick a small piece of fruit (apple, peach, orange) the size of a tennis ball, or eat just half of a bigger piece of fruit
- 20** Replace cookies with cubed and whole fresh fruit kebobs
- 21** Be dip savvy: dip fruit into fat free yogurt, and veggies in bean dip or salsa
- 22** Try a calorie controlled frozen dinner made with whole grains, lean protein, and veggies instead of ordering take-out
- 23** Substitute steamed vegetables for the potato, rice, or pasta side dish
- 24** Select an appetizer as your main dish; add a soup, salad, or vegetable side dish
- 25** Skip the free chips with your sandwich or sub order
- 26** Get some fresh air and take a brisk 15-minute walk during your lunch hour
- 27** Use a spray bottle to apply dressing to your salad, rather than pouring it on
- 28** Stop eating your pie once you hit the crust
- 29** When you're tempted by a chocolate bar in the vending machine, mix yourself some chocolate milk instead
- 30** Munch on fruity gum instead of jelly beans this spring

May

- 1** Fill your omelette with onions, peppers, spinach, and mushrooms instead of cheese and meat
- 2** Lighten up your omelette, frittata, or scrambled eggs by using 4 egg whites or 1/2 cup egg substitute
- 3** Make your sandwich with light, whole-wheat bread
- 4** Choose 3-4 ounce meat portions (the size of a deck of cards)
- 5** Remove the skin from chicken
- 6** Reduce cooked rice and pasta by 1/2 cup
- 7** Season steamed vegetables with fresh lemon and herbs instead of butter
- 8** Make soft tacos with corn, not flour tortillas
- 9** Omit or use half the amount of butter, margarine, or oil called for in macaroni and cheese, rice, pasta, and stuffing
- 10** Choose apple, peach or blueberry over pecan or cream pie
- 11** Follow the low fat directions when preparing brownie, cake, and cookie mixes
- 12** Share your dessert with someone else
- 13** Select a cupcake rather than a standard slice of cake
- 14** Substitute half the oil in a recipe with applesauce when baking
- 15** Choose light beer or wine instead of frozen or fruit-based alcoholic drinks
- 16** Lighten up your favorite coffee drink by requesting nonfat milk and using half the sugar or flavored syrup
- 17** Try 1/2 cup fresh fruit in place of 1/2 cup dried fruit
- 18** Enjoy a frozen banana or 100% fruit bar in place of an ice cream sandwich
- 19** Have 1 less handful of mixed nuts
- 20** Satisfy your chocolate craving with 2 individually wrapped dark chocolate squares or truffles instead of a full-sized bar
- 21** Ask for a half-portion or don't eat everything on your plate
- 22** Use fresh lemon to season fish instead of tartar sauce
- 23** Choose a side salad instead of fries when ordering fast food
- 24** Select grilled chicken in place of breaded and fried
- 25** Ask for sauce and salad dressing on the side; eat enough to enjoy the flavor, but leave most of it behind
- 26** Start your meal with a broth-based soup to fill up with fewer calories
- 27** Order your burrito salad-style for a slimmer spicy indulgence
- 28** Top your ice cream with chocolate sprinkles instead of chocolate chips
- 29** Avoid anything labeled "spicy" on the sushi menu as the sauce is probably mayo-based
- 30** Skip the meat toppings and order veggie pizza instead
- 31** In place of sugary juice, make a "spritzer" by adding a splash of cranberry to a glass of soda water