

**Maintaining a healthy weight depends on achieving energy balance — balancing the amount of energy burned and the food consumed in your day. To stop weight gain, most Americans need to do just two simple things:**

- Add 2,000 more steps each day
- Eat 100 fewer calories daily

**Small changes in the types of foods you eat and in the portion sizes you choose will quickly add up to 100 reduced calories, or even more!**

**Just make small changes each day and you'll see how easy it can be to achieve energy balance.**

\* Tips are meant to help reduce daily caloric intake. No one tip, by itself, will equal 100 calories exactly, but selecting a few of your favorites each day will get you well on your way!

## BREAKFAST

Give your day a healthy start with these breakfast tips:

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. Choose light yogurt made with no-calorie sweetener
5. Split a bagel with someone, or wrap up the other half for tomorrow's breakfast
6. Substitute a no-calorie sweetener for sugar in your coffee, tea, and cereal
7. Use a nonstick skillet and cooking spray in place of butter or margarine to prepare your eggs
8. Spread your muffin, bagel, or toast with 2 tablespoons of fat-free cream cheese in place of regular cream cheese
9. Substitute no-sugar-added jelly or jam for the sugar-rich varieties
10. Select lean ham or Canadian bacon in place of regular sausage or bacon

11. Fill your omelet with onions, peppers, spinach, and mushrooms instead of cheese and meat

12. Lighten up your omelet, frittata, or scrambled eggs by using 4 egg whites or 1/2 cup egg substitute

13. Make your sandwich with light, whole-wheat bread

## LUNCH/DINNER

Try these ideas for lighter lunches and downsized dinners:

14. Customize spaghetti sauce with fresh zucchini, green peppers, mushrooms, and onions instead of adding meat

15. Put lettuce, tomato, onions, and pickles on your burger or sandwich instead of cheese

16. Prepare tuna or chicken salad with fat-free mayonnaise

17. Grill your sandwich using nonstick cooking spray instead of butter

18. Stuff a pita pocket with more fresh vegetables, less meat and cheese

19. Pick waterpacked tuna instead of tuna packed in oil

20. Select a portion-controlled frozen entrée in place of a burger and fries

21. Trade regular butter for light whipped or low-calorie butter substitute

22. Make a pizza with half the cheese

23. Select soft taco size (6-8 inch) flour tortillas instead of the larger burrito size

24. Substitute fat-free sour cream in recipes

25. Choose 1% cottage cheese in place of regular

26. Skim the fat off soups, stews, and sauces before serving

27. Leave 3-4 bites on your plate

28. Substitute 2 tablespoons reduced-calorie salad dressing for regular

29. Choose a low-calorie frozen grilled sandwich or panini to replace a butter rich grilled cheese

30. Trim all fat from beef, pork, and chicken

31. Enjoy your salad without the croutons

32. Bake, broil, or grill chicken and fish rather than frying

33. Choose 3-4 ounce meat portions (the size of a deck of cards)

34. Remove the skin from chicken

35. Reduce cooked rice and pasta by 1/2 cup

36. Grill portabello mushrooms as a main or side dish in place of meat

37. Use 1 tablespoon less butter, margarine, or oil in your recipe

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- 38. Reduce the amount of cheese in casseroles and appetizers
- 39. Season steamed vegetables with fresh lemon and herbs instead of butter
- 40. Use vegetable cooking spray and nonstick cookware instead of butter, margarine, or oil when stovetop cooking
- 41. Omit or use half the amount of butter, margarine, or oil called for in macaroni and cheese, rice, pasta, and stuffing
- 42. Eat slowly to make your meal last and reduce your urge for second helpings

## DESSERTS

You don't have to eliminate desserts to cut 100 daily calories... instead, try these ideas:

- 43. Satisfy your sweet tooth with a sliver, bite, or taste of dessert instead of a full portion
- 44. Make your own root beer float with sugar-free root beer and sugar-free, fat-free ice cream
- 45. Freeze blended fresh fruit into a sorbet for a refreshing dessert
- 46. Leave the cone at the counter; have a single dip ice cream scoop in a cup
- 47. Choose your piece of sheet cake from the middle, where there's less icing
- 48. Top angel food cake with berries instead of icing or chocolate sauce
- 49. Cut a half slice of cake or pie
- 50. Dish up slow-churned reduced calorie ice cream in place of regular ice cream
- 51. Enjoy a dish of fresh fruit in season instead of custard or pudding
- 52. Choose apple, peach or blueberry over pecan or cream pie
- 53. Follow the low-fat directions when preparing brownie, cake, and cookie mixes
- 54. Share your dessert with someone else
- 55. Select a cupcake rather than a standard slice of cake
- 56. Substitute half the oil in a recipe with applesauce when baking

## BEVERAGES

Try these lower calorie thirst quenchers:

- 57. Substitute diet soda for regular soda
- 58. Pay attention to serving sizes, some cans and bottles contain 2 or more servings
- 59. Prepare hot chocolate and instant breakfast drinks with skim milk instead of whole milk
- 60. Quench your thirst with bottled water or diet iced tea instead of soda from the vending machine
- 61. Opt for the small or medium drink instead of large
- 62. Select non-fat (skim) or 1% milk instead of whole milk
- 63. Have 1 cup of low-fat (1%) chocolate milk instead of whole milk with chocolate syrup
- 64. Replace just 8 ounces of soft drink, fruit juice, or fruit beverage with water
- 65. Drink light beer — limit yourself to 1 or 2 — instead of regular
- 66. Request diet mixers (cola, tonic water, ginger ale)

- 67. Choose no-sugar-added fruit juices
- 68. Choose light beer or wine instead of frozen or fruit-based alcoholic drinks
- 69. Lighten up your favorite coffee drink by requesting non-fat milk and using half the sugar or flavored syrup

## SNACKS

Curb your hunger with these healthy snack ideas:

- 70. Freeze grapes or watermelon wedges for a popsicle-like treat
- 71. Blend a smoothie made from no-fat yogurt, skim milk and fresh fruit instead of ice cream
- 72. Choose 4 ounces of sugar-free yogurt in place of an 8 ounce container
- 73. Control your portions by pouring an individual serving of pretzels or chips into a bowl instead of eating from the bag
- 74. Try raw vegetables instead of tortilla chips with salsa
- 75. Try baked chips in place of the regular variety
- 76. Enjoy canned fruit packed in water or its natural juice instead of heavy syrup
- 77. 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
- 78. Replace cookies with cubed and whole fresh fruit kebobs
- 79. Be dip savvy: Dip apples in low-fat caramel, celery in fat-free cream cheese, carrots in fat-free ranch dressing and fruit in yogurt
- 80. Try 1/2 cup fresh fruit in place of 1/2 cup dried fruit

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**81.** Eat just 1 of the granola/snack bars in the package and share the other or save it for later

**82.** Have 1 less handful of mixed nuts

**83.** Satisfy your chocolate craving by opting for 1 small “fun size” candy bar

### DINING OUT

Whether you're whipping through the drive thru or going out for a special occasion, try these ideas for cutting calories when dining out:

**84.** Munch on a small bag of microwave popcorn with no added butter

**85.** In place of a chocolate bar, select a sugar-free, fat-free chocolate pudding

**86.** Ask for the bread basket to be removed from the table as you sit down

**87.** Ask for a cup of soup rather than a bowl

**88.** Select minestrone or other broth-based soups over cream-based soups

**89.** Skip the super-size promotions

**90.** Order a vinaigrette dressing rather than a mayonnaise based dressing

**91.** Ask for croutons to be removed from your salad

**92.** Try a low-calorie frozen pizza instead of your usual take-out

**93.** Substitute steamed vegetables for the potato, rice, or pasta side dish

**94.** Select an appetizer as your main dish; add soup, salad, or vegetable side dish

**95.** Skip the free chips with your sandwich or sub order

**96.** Ask for a half-portion or don't eat everything on your plate

**97.** Use fresh lemon to season fish instead of tartar sauce

**98.** Choose a side salad instead of fries when ordering fast food

**99.** Select grilled chicken in place of breaded and fried

**100.** Ask for sauce and salad dressing on the side; eat enough to enjoy the flavor, but leave most of it behind

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