America on the move
Steps to a Healthier Way of Life℠

100 Ways to Cut 100 Calories

Maintaining a healthy weight depends on achieving energy balance. This is accomplished by balancing the amount of energy burned and 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 foods you eat and the portion sizes you choose will quickly add up to 100 reduced calories or more! Make small changes each day and you'll see how easy it can be to achieve energy balance. 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

1 Select nonfat or 1% milk instead of whole milk

2 Use a small glass for juice and a small bowl for cereal

3 Savor a bowl of bananas, berries, low-fat milk, and sugar substitute

4 Substitute no-calorie sweetener for sugar in your coffee, tea, and cereal

5 Choose light yogurt made with no-calorie sweetener

6 Substitute no-sugar-added jelly or jam for the sugar-rich varieties

7 Spread your muffin, bagel, or toast with 2 tablespoons of fat-free cream cheese in place of regular

8 Split a bagel with someone or wrap up the other half for tomorrow

9 Use a nonstick skillet and cooking spray in place of butter to prepare your eggs

10 Select lean ham or Canadian bacon

11 Fill omelets with mushrooms, onions, peppers, and spinach instead of cheese and meat

12 Lighten up omelets and scrambled eggs with four egg whites or 1/2 cup egg substitute

13 Trade regular butter for light whipped or low-calorie butter substitute

LUNCH AND DINNER:
Try lighter lunches and dinners

14 Try a veggie burger

15 Prepare tuna or chicken salad with fat-free mayonnaise

16 Grill your sandwich using nonstick cooking spray instead of butter

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

18 Pick water-packed tuna instead of tuna packed in oil

19 Wrap romaine and sprouts with smoked ham or turkey in a tortilla

20 Make your sandwich with light, whole-wheat bread

21 Skim the fat off soups, stews, and sauces before serving

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

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

24 Choose 1% cottage cheese in place of regular

25 Substitute fat-free sour cream in recipes

26 Enjoy your salad without the croutons

27 Substitute 2 tablespoons reduced-calorie salad dressing for regular

28 Use low-fat margarine

29 Trim all fat from beef, pork, and chicken (also remove the skin from chicken)

30 Bake, broil, or grill chicken and fish rather than frying

31 Limit meat portions to 3-4 ounces (the size of a deck of cards)

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

33 Turn a mixed green or spinach salad into a main dish with grilled chicken, almonds, and blueberries, apples, or strawberries

34 Reduce cooked rice and pasta by 1/2 cup

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

36 Use 1 tablespoon less butter, oil, or margarine in your recipes

37 Reduce the amount of cheese in casseroles and appetizers

38 Season steamed veggies with fresh lemon and herbs

39 Use vegetable cooking spray and nonstick cookware instead of butter, margarine, or oil

40 Omit or use half the amount of butter, margarine, or oil in macaroni and cheese, rice, pasta, and stuffing

41 Leave three or four bites on your plate

42 Eat slowly to make your meal last and reduce your urge for second helpings

DESSERTS:
No need to eliminate desserts to cut calories

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

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100 Ways to Cut 100 Calories continued...

45 Have a single dip of ice cream in a cup instead of on a cone

46 Choose your piece of cake from the middle where there's less icing

47 Top angel food cake with berries instead of icing or chocolate sauce

48 Freeze blended fresh fruit into a sorbet

49 Select a cupcake rather than a standard slice of cake

50 Dish up slow-churned reduced calorie ice cream in place of regular

51 Enjoy seasonal fresh fruit instead of custard or pudding

52 Choose apple, blueberry, or peach 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 Cut a half slice of cake or pie

56 Substitute half the oil in baking recipes with applesauce

SNACKS:
Curb hunger with healthy snacks

57 Freeze grapes or watermelon wedges for a popsicle-like treat

58 Blend a smoothie made from no fat yogurt, skim milk, and fresh fruit

59 Choose 4 ounces of sugar-free yogurt in place of an 8 ounce container

60 Control your portions by pouring one serving of pretzels or chips in a bowl instead of eating from the bag

61 For a colorful snack, mix fruit in a no-sugar gelatin

62 Try hummus with pita wedges

63 Enjoy canned fruit packed in water or natural juices instead of heavy syrup

64 Pick a small piece of fruit (apple, peach, orange) the size of a tennis ball or eat half a bigger piece of fruit

65 Make kabobs with fresh fruit and reduced-fat cheese

66 Dip celery in lite cream cheese, apples in low-fat caramel, fruit in a yogurt/orange juice mix, or veggies in low fat dressing

67 Try 1/2 cup fresh fruit in place of 1/2 cup dried fruit

68 Eat just one of the granola/snack bars and share the other or save it for later

69 Have one less handful of mixed nuts

70 Satisfy your chocolate craving by opting for one small fun size candy bar

71 Munch on a small bag of microwave popcorn with no added butter

72 Replace cookies with cubed and whole fresh fruit kabobs

BEVERAGES:
Look for lower calorie thirst quenchers

73 Substitute diet soda for regular

74 Pay attention to serving sizes, some cans and bottles contain two or more servings

75 Select diet flavored iced tea

76 Quench your thirst with bottled water instead of soda from the vending machine

77 Opt for small or medium drinks instead of large

78 Have 1 cup of low-fat (1%) chocolate milk instead of whole milk with chocolate syrup

79 Lighten up your favorite coffee drink by requesting nonfat milk and using half the sugar or flavored syrup

80 Choose no sugar added fruit juices

81 Replace just 8 ounces of soft drink, fruit juice, or fruit beverage with water

82 Drink light beer instead of regular and limit yourself to one or two

83 Request diet mixers (cola, tonic water, and ginger ale) for drinks

84 Choose light beer or wine instead of frozen or fruit-based alcoholic drinks

DINING OUT:
Cut calories at the drive-thru and on special occasions

85 Request the bread basket be removed from the table as you sit down

86 Ask for a cup of soup rather than a bowl

87 Select minestrone or other broth-based soups over cream-based soups

88 Ask for salad dressing and sauce on the side—dip to enjoy the flavor but leave most of it behind

89 Order a vinaigrette dressing rather than a mayonnaise-based dressing

90 Request your salad without croutons and cheese

91 Substitute steamed veggies for potato, rice, or pasta side dishes

92 Select an appetizer as your main dish—add a soup, salad, or vegetable side dish

93 Choose a healthy option designated by a symbol on the menu

94 Use fresh lemon to season fish instead of tartar sauce

95 Choose a side salad instead of fries when ordering fast food

96 Skip the super-size promotions

97 Select grilled chicken in place of breaded and fried

98 Try a low calorie frozen pizza instead of your usual take-out

98 Skip the free chips with your sandwich or sub order

100 Select grilled chicken in place of breaded and fried

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