

which is better?  
 Choosing the breakfast on the right rather than the one on the left can save you 100 calories.

The prospect of cutting calories usually means giving up foods you love. After all, when trying to drop a few pounds, most people focus on banning the big-ticket items, such as cake and french fries. But making small



# lose weight without dieting

changes to your daily eating habits can have a big impact too. Eating just 350 fewer calories a day can help you lose about 3 pounds a month—that's almost 40 pounds in a year without much work at all.

Easy ways to cut 50, 100 or 200 calories

by Heidi Reichenberger McIndoo, R.D.

## 50-calorie cuts

- Replace your favorite creamy salad dressing with 2 Tbsp vinaigrette.
- Replace 1 cup rice with 1 cup broccoli at dinner.
- Ordering pizza? Ask for a slice of cheese instead of a slice of sausage.

- At the vending machine, choose a Peppermint Pattie instead of an Almond Joy.
- Skip the sugary fruit-on-the-bottom yogurt and make your own by mixing 1/3 cup fresh or frozen blueberries into 6 oz nonfat vanilla yogurt.
- Dip your tortilla chips in 1/3 cup chunky salsa and ditch the spicy cheese dip.
- Peel and eat a medium orange with your breakfast instead of pouring a cup of orange juice.
- Leave the butter or margarine in the fridge and smear 1 Tbsp of 100% fruit spread on your morning toast.

- Enjoy 1/2 cup slow-churned light ice cream (such as Edy's Mint Chocolate Chips!) instead of 1/2 cup full-fat ice cream.
- Cook up a morning omelet using 1 full egg and 1 egg white rather than 2 eggs.

## 100-calorie cuts

- Rather than the usual doughnut, enjoy an Eggo Nutri-Grain Whole Wheat waffle with 2 Tbsp light syrup and 3/4 cup sliced strawberries.
- Spread sandwich bread with 1 tsp mustard instead of 1 Tbsp mayonnaise.
- Don't reach for *(Please turn to 59)*

Always check with your physician before starting a diet or exercise routine.

## LOSE WEIGHT WITHOUT DIETING

Continued

eight french fries; instead, choose seven sweet-potato fries (such as Ian's).

- Have a whole-wheat dinner roll instead of a biscuit.
- Trade 3 oz dark chicken meat with skin for 3 oz skinless white meat.
- Skip the whip (whipped cream, that is) on a 12-oz mocha Frappuccino.
- Need something crunchy to munch? Grab 11 almonds instead of 3 graham crackers.
- Spritz veggies with five squirts of I Can't Believe It's Not Butter! Spray instead of cooking them in 1 Tbsp butter.
- When making tacos or meat loaf, use ground round or sirloin (about 95% lean) rather than ground beef (about 73% lean).
- Instead of a sub roll, wrap sandwich fixings in a whole-wheat tortilla.

### 200-calorie cuts

- For a meal on the run, order a McDonald's Bacon Ranch Salad with grilled chicken and lowfat balsamic vinaigrette instead of the same salad with crispy chicken and ranch dressing.

- Fill a deli sandwich with 3 oz smoked turkey breast instead of bologna.
- At dinnertime, substitute 10 medium-size shrimp sautéed in 1 tsp olive oil for 10 medium-size fried shrimp.
- Order a morning cappuccino with nonfat milk instead of half-and-half.
- Feel a fry attack coming on? Change your usual large order to a medium.
- For an afternoon pick-me-up, spread 2 tsp peanut butter on a medium-size sliced apple in place of ½ cup trail mix.
- Satisfy a chocolate craving with 1 cup 2% chocolate milk instead of a medium-size (16-oz) milkshake.
- Fill up on 1¼ cups minestrone soup (such as Healthy Choice) rather than 1½ cups New England clam chowder.
- Replace your breakfast corn muffin with a toasted whole-wheat English muffin topped with 2 Tbsp peanut butter.
- Instead of filling the cereal bowl with 1 cup granola, switch to 1 cup Cheerios with ¼ cup granola sprinkled on top.

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For more ways to lose weight, visit [womansday.com/fitness](http://womansday.com/fitness).

## 5 ways to save at a cookout

instead of	go for	save
12-oz wine cooler	6 oz cranberry-apple juice mixed with 6 oz seltzer	<b>80</b> calories
½ cup baked beans	¾ cup fresh fruit salad	<b>95</b> calories
½ cup macaroni salad	½ cup coleslaw	<b>100</b> calories
The oil and eggs called for in a basic brownie mix	½ cup plain nonfat yogurt	<b>120</b> calories
4-oz Italian link pork sausage	3-oz 95% lean burger	<b>140</b> calories

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