



# 100 WAYS TO CUT 100 (OR MORE) CALORIES

3,500 calories = 1 pound; small changes add up!

- To lose a pound a week, choose five changes you can make each day
- Phase it in: add one or two changes a week

## Breakfast:

Never skip breakfast! People who eat breakfast, no matter what it is, take in fewer calories through the day.

- Eat 2 poached eggs instead of 2 fried eggs.
- Skip the bacon or cheese on your morning egg sandwich.
- Replace 3 slices of bacon with 3 slices of Light & Lean Canadian bacon.
- Replace 1/2 cup of granola with 2 cups of Cheerios.
- Stick to one cup of cereal and fill the rest of the bowl with fruit.
- Replace 1 cup of whole milk with 1/2 cup of nonfat milk.
- Replace an apple muffin with a high-fiber English muffin.
- Enjoy two pieces of hearty whole-wheat toast instead of a medium bagel or try a Lender's egg bagel instead of a Sara Lee egg bagel.
- Spread all-fruit jam on your toast rather than butter or margarine.
- Instead of regular syrup, use 2 tablespoons of light pancake syrup.
- Replace 1 1/2 tablespoons of I Can't Believe It's Not Butter spread with 1 1/2 tablespoons of Nucoa Smart Beat margarine.
- Instead of using whole milk and eggs to prepare 2 slices of French toast, use nonfat milk and egg whites.
- Eat 2 Kellogg's Nutri-Grain bars instead of 2 Kellogg's Pop-Tarts.

## Lunch and Dinner:

- Replace 2 fried-chicken drumsticks with 2 roasted drumsticks and a cup of peas and carrots.
- Eat 1 hot dog at the baseball game instead of two.
- Substitute 3 ounces of scallops for 3 ounce of lean beef in your stir-fry.
- Eat 2 meatballs instead of 4 with your spaghetti.
- Serve your turkey with 1/4 cup of cranberry sauce instead of 1/2 cup.
- Grill a vegetarian Boca Burger instead of a 3-ounce turkey burger.
- Order 2 slices of cheese pizza instead of 2 slices of pepperoni pizza.
- Eat 1/2 cup of black beans instead of 3 ounces of roast beef.
- Reduce the size of your steak from 4 1/2 ounces to 3 ounces, the size of a deck of cards.
- On your lamb-and-vegetable kabob, replace 2 of the 4 chunks of meat with fresh whole mushrooms.

- Replace 3 fish sticks with 3 ounces of grilled halibut.
- Eat 3 grilled prawns with cocktail sauce instead of 3 breaded/ fried prawns.
- Fix 1 cup of turkey chili with beans rather than regular chili with no beans.
- Select 1 cup of home-style baked beans instead of an equal serving of baked beans with franks.
- Make a burrito with 1/2 cup of fat-free refried beans and 1 ounce of nonfat cheese instead of the same amount of traditional refried beans and cheese.
- When eating at restaurants, start with a broth-based soup as an appetizer and split the entrée before you begin. Portions have become enormous in the food service industry, you can easily get 1 – 2,000 calories in a meal! Set aside half in a take-out container and you will have a great lunch tomorrow as well!
- Instead of a whole sandwich, try a half with soup, fruit or salad on the side.
- When making a sandwich, use 2 slices of Roman Light 7-grain bread instead of Pepperidge Farm wheat bread.
- Order a sandwich on cracked wheat bread instead of a croissant.
- Complement your hamburger with 1 1/4 ounces of oven-baked tortilla chips instead of a side of fries.
- Cut the peanut butter on your sandwich from 2 tablespoons to 1 tablespoon.
- At Burger King, have a Whopper Jr. Sandwich with regular fries instead of a Whopper With Cheese Sandwich.
- Order your Quarter Pounder without cheese, or try a regular cheeseburger.
- Compliment your sandwich with 3/4 cup of split-pea soup instead of 1 cup of chunky bean and ham soup. A broth-based soup will cut calories even more.
- Order a sandwich with barbecued chicken instead of barbecued pork.
- Use 1 tablespoon of mayonnaise in your tuna salad instead of 2 tablespoons, or simply substitute fat free mayonnaise instead and keep the 2 tablespoons! Be more adventurous and try mustard to save 200 calories.
- Eat a turkey sandwich with mustard instead of a chicken salad sandwich.
- Choose 4 1/2 ounces of tuna packed in water instead of oil.
- Instead of tartar sauce on your fish sandwich, squeeze lemon on it
- Top your pasta with marinara sauce instead of cream or alfredo sauce. Or if you make a cream sauce, thicken it with 1 percent milk and cornstarch instead of a roux of butter and flour.
- Measure your pasta. Cut your serving from 1 1/2 cups to 1 cup
- Choose 1 serving of vegetarian lasagna instead of lasagna with meat.
- Instead of eating garlic bread made with butter, spread baked garlic cloves on French bread.
- Replace 1 large flour tortilla with 1 six-inch corn tortilla.
- At an Italian restaurant, try snacking on a breadstick instead of garlic bread or pass on the bread-basket altogether.
- Replace 2 biscuits with 2 dinner rolls.

- Use 1 cup of fat-free cottage cheese instead of regular cottage cheese.
- Instead of topping your salad with an ounce of croutons, get your crunch from 1/4 cup of chopped celery.
- Instead of 1 cup of macaroni salad, eat 3 1/2 cups of spinach salad with 2 tablespoons of low-calorie dressing.
- When making pasta salad, reduce the oil or mayonnaise by 1 tablespoon per serving. Include equal amounts of vegetables and pasta to save 75 calories per one cup serving compared to salads heavy on pasta.
- Start your meal with a big salad with lots of vegetables. Research shows that if you fill up on low-calorie foods first, you eat less of the higher calorie entrée. Use a light vinaigrette instead of 2 T of a regular creamy or blue cheese dressing.
- Reduce your helping of turkey stuffing from 1 cup to 2/3 cup.
- Pass on the second helping of mashed potatoes.
- Substitute 2 tablespoons of fat-free sour cream for regular sour cream (on baked potatoes or in stroganoff). Do this twice in the day to cut 100 calories. Or use salsa on your baked potato instead of butter or sour cream to eliminate more than 100 calories.
- Replace 1/2 cup of peaches canned in extra-heavy syrup with 1/2 cup of peaches canned in water.
- Eat 1/2 cup of steamed vegetables instead of vegetables in a cheese or cream sauce.
- Replace 1 cup of corn or peas with 1 cup of carrots.
- Replace 1 cup of sweetened applesauce with 1 cup of unsweetened.
- Dip an artichoke in 1 tablespoon of low-fat mayonnaise instead of 1-1/2 tablespoons of regular mayonnaise.
- Steam your asparagus rather than sauté it in 1 tablespoon of butter or oil.
- Swap a veggie for a carb. Twice a day choose a serving of vegetables instead of a half cup of pasta, rice or potatoes.

### Snacks:

- Snack on fresh fruit instead of a candy bar. You save the calories and the fiber keeps you feeling full longer.
- Snack on 1/2 cup of fruit cocktail canned in water instead of 1 cup of fruit cocktail canned in heavy syrup.
- For a chewy snack, have 1/2 cup of dried fruit rather than 9 caramels.
- Replace 1 cup of caramel-coated popcorn with 2 1/2 cups of air-popped popcorn.
- Snack on 1 cup of nonfat plain yogurt instead of 1 cup of custard-style. You can add your own canned fruit!
- Top your celery sticks with 2 tablespoons of fat-free cream cheese instead of 3 tablespoons of regular cream cheese.

- Choose 4 fresh raw mushrooms instead of batter-fried as an appetizer.
- Snack on 2 ounces of oven-baked potato chips instead of regular chips.
- Dip your chips in 1/2 cup of salsa instead of 1/2 cup of guacamole.
- Replace 2 ounces of corn chips with 2 ounces of Snack Well's wheat crackers.
- Shred 2 ounces of fat-free cheddar cheese on nachos instead of regular cheddar.
- Munch on 35 pretzel sticks instead of 1 ounce of dry-roasted peanuts.
- Replace 8 sticks of regular chewing gum with sugar-free chewing gum.
- Munch on 1 cup of frozen grapes instead of an ice cream sandwich.
- Switch from 1/2 cup of yogurt-covered raisins to 1/2 cup of plain raisins or choose grapes for even more savings!
- Measure your nuts into single portions and put them in a ziplock "snack" bag. Never eat from the can!

#### Desserts: Curb the urge to splurge with a smaller amount of what you like.

- Cut a typical serving of chocolate cake (1/8 of a two-layer cake) by a third.
- Instead of eating five chocolate-chip cookies, savor the taste of two.
- Replace 1 cup of chocolate ice cream with 2/3 cup of nonfat frozen yogurt.
- Have a single scoop of ice cream instead of a double scoop.
- Eat two Haagen Dazs Chocolate Sorbet Bars instead of only half a cup of premium chocolate ice cream.
- Switch from 1/2 cup of Frusen Gladje butter pecan ice cream to Breyers butter pecan ice cream.
- Replace 3 tablespoons of strawberry topping on your ice cream with 3/4 pint of fresh strawberries. Stick to half a cup of ice cream for even more savings, have a little ice cream with your fruit rather than a little fruit with your ice cream.
- Grab a Dole Fresh Lites Cherry frozen fruit bar instead of a Sunkist Coconut frozen fruit bar.
- Split an apple Danish with a friend rather than eat the entire thing.
- Eat a 3/4-cup serving of pudding made with skim milk rather than a 1-cup serving of pudding made with whole milk.
- Make pie crust with 1 cup of Grape-Nuts cereal, 1/4 cup of concentrated apple juice and 1 tablespoon of cinnamon, instead of using a traditional graham-cracker crust. You'll save 100 calories per slice.
- Replace 2 brownies with 2 fig bars.
- Eat five Hershey's Kisses, a bag of Raisinets, or 4 Tootsie rolls instead of one Hershey's Chocolate Almond Bar.
- Share a dessert with a friend. You will both enjoy the treat and save calories!
- Cut the sugar by one-third in all recipes, you'll never notice the difference. You can replace all of the fat with applesauce in brownies or a moist cake!

## Beverages:

Drink from tall, thin glasses when drinking your calories. You'll drink about 75% more using shorter, squat glasses because it looks like they contain less fluid.

- Instead of a 5-ounce glass of wine, opt for cherry-flavored sparkling water.
- Switch from 1 cup of whole-milk hot chocolate to 1 cup of steamed 1% milk flavored with a dash of almond extract.
- Rather than drink a strawberry milkshake, make a smoothie of 2/3 cup of low-fat milk, 1/2 cup of strawberries and 1/2 a banana.
- Try a different brew. Specialty coffees can be very high in calories (420 calories for a Mocha Frappuccino from Starbucks). Try a latte made with skim milk and add a bit of flavoring for extra flavor.
- Lighten your 2 cups of coffee with 2 tablespoons of evaporated nonfat milk instead of 2 tablespoons of half-and-half.
- Replace 8 ounces of soda with diet soda, water or seltzer.
- Substitute two cans of low-carb or light beer for regular.
- Simplify your cocktails. Try wine, champagne or beer instead of mixed drinks; or order them "virgin".
- Switch from 1 cup of fruit punch to 1 cup of sparkling water flavored with 2 teaspoons of concentrated orange juice.
- On a hot day, quench your thirst with a glass of ice water with lemon or mint instead of a can of light beer.

## Common/Shared Options:

- Out of sight, out of mouth. Keep candy and high calorie snacks out of easy reach at work. Keep healthy options easily available at work and home!
- Trade plates. Using a salad plate instead of a dinner plate helps you eat smaller portions without feeling deprived. Make sure two-thirds of the surface of the plate is covered with plant-based foods: fruits/vegetables/whole grains.
- Take three bites less of everything. Leaving a couple of bites on your plate at each meal is an automatic decrease in portion size that you'll hardly notice.
- When cooking meats, use the "b" words: broil, barbecue, braise or bake on a rack, methods that allow the fat to drip away. Use nonstick sprays and pans. You save 100 calories for each tablespoon of oil or butter!
- Eat regularly scheduled meals and snacks. Skipping a meal or snack means you are so hungry at the next meal your self-control is nonexistent, and you will more than make up for the calories. Plan a snack before your "weak times".
- Cut back on sampling during cooking. The following tastes have 100 calories: 4 tablespoons of beef stroganoff, 3 tablespoons of homemade chocolate pudding, 2 tablespoons of chocolate-chip cookie dough.

- Carefully measure oil and use a cooking spray. One Tablespoon = 120 calories.
- Include a source of protein with your meals and snacks to keep your blood sugars more stable, your appetite more controlled, and avoid the roller-coaster effect from eating only carbohydrates.
- Watch for clues when reading menus. Look for words that shout hidden calories: batter-dipped, breaded, buttery, creamy, deep-fried, rich, combo, feast, grade, jumbo, king-size, supreme! You can request different preparation methods, or substitutions for the high calorie items.
- Sleep longer. Research shows that it is easier to stick with your plans when you are rested, with better control of hormones that trigger cravings.

### Burn more calories. Exercise adds up! Use your feet so you can eat more.

- Try to burn at least 150 calories a day in added exercise. Check [www.caloriesperhour.com](http://www.caloriesperhour.com) for the energy you'll burn in different activities. Chose things you like, and just do it. Keep yourself honest by logging it on your calendar.
- Move during commercials. Walk around or do simple calisthenics.
- Get a pedometer to track your activity, it gives you feedback you can use.
  - Get your baseline steps, then work to add 2,000 = 1 mile = 100 calories
- Practice random acts of exercise. Do laps while watching your kids play soccer, or while shopping at the mall.
- Add a 20-minute walk to your lunch routine. You'll burn 130 calories.
- Try strength training to build muscle, which burns more calories than fat.
  - Miriam Nelson's book: Strong Women Stay Young (even if you're male)

### Still Stuck? Need more help?

- Call 720-848-1090, Nutrition Clinic at The Center for Integrative Medicine
- Check [www.eatright.org](http://www.eatright.org); "Find a Dietitian", for a RD near you

Enjoy!

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Sources for this information include:

Julie Upton, RD in the New York Post

K. Ayoob, D. Grotto, E. Hogan and R. Flipse; RD's in USA Today

Andrea Klausner, MS RD; Environmental Nutrition

The American Institute of Cancer Research ([www.aicr.org](http://www.aicr.org))

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