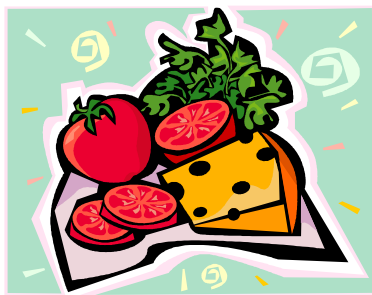
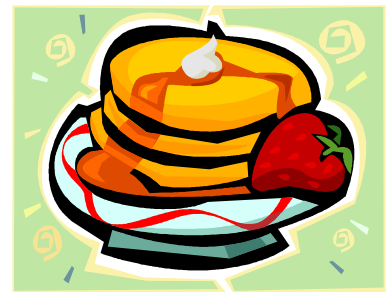


100 ways to decrease 100 calories

To lose weight, decrease your calories and increase your physical activity. Cut 100 calories every day - you won't even feel hungry!

SUBSTITUTE HEALTHIER FOODS

- Trade 2 tablespoons of regular butter for 2 tablespoons of light whipped butter
- Beware of large bagels; look for the smaller 2 ounce size
- Top pancakes or waffles with fresh fruit instead of syrup
- Try raw vegetables instead of tortilla chips with your salsa



DOWNSIZE YOUR PORTION

- Eat only the filling from your next piece of pie. Leave behind the crust and 100 calories
- Sharp cheeses provide more flavor so you can use less
- Order lunch-size portions of steak and seafood entrees instead of the much larger dinner portion

EAT A LITTLE LESS

- Eat an open-faced sandwich (eliminate 1 slice of bread)
- Leave the shell behind on your taco salad
- Ask for the salad dressing on the side rather than on your salad

