

# DECREASING 100 CALORIES IN YOUR DAILY DIET

Creating a **balance** between energy expenditure and consumption is the key to weight maintenance. You've started in this endeavor by becoming aware of how much you move and by increasing your step count to expend more energy. Now, by focusing a small amount of attention on the amount of calories you consume, you will be able to more easily reach the balance. Listed below are ways to decrease one hundred calories from a day's diet. See how many you can do. Use the table at the end to track the number of times you decrease your 100 calories in a day.

- 1) Choose low-fat turkey sausage instead of regular sausage
- 2) **Choose fruit crepes over the higher calorie, higher fat, egg and bacon crepe**
- 3) Beware of large bagels; look for the smaller 2 ounce size
- 4) **For that morning latte, choose non-fat milk rather than whole milk**
- 5) Substitute light, low-calorie yogurt for classic or custard style yogurt
- 6) **Have one less can of soda a day and cut out 100 calories**
- 7) Substitute a single piece of Canadian bacon for the usual two thick strips of bacon
- 8) **Use light or sugar-free pancake syrup instead of regular syrup**
- 9) Top pancakes or waffles with fresh fruit instead of syrup
- 10) **Eat ½ of a sandwich at lunch and save the other ½ for dinner with a salad**
- 11) Instead of chocolate syrup on an ice cream sundae, use fresh berries or other fruit as a topping
- 12) **Enjoy salsa rather than cheese dip with tortilla chips**
- 13) Choose low-fat yogurt or fat-free sour cream in your dip mix
- 14) **Ask for salad dressing on the side, dip fork into the dressing then into your salad greens**
- 15) Eat a half a cup of fresh fruit instead of a half a cup of dried fruit with twice the calories
- 16) **Sorbet or sherbet is a refreshing alternative to premium ice cream (18-20% fat)**
- 17) Instead of chocolate cake, have a slice of angel food cake
- 18) **Have one cup of microwave popcorn instead of ½ cup boxed caramel popcorn**
- 19) Skip the high calorie energy drink and choose water flavored with lemon or lime
- 20) **Order a deli sandwich with sliced whole wheat bread instead of a bagel or croissant**
- 21) Instead of french fries, order a cup of broth-based soup as a side item
- 22) **Use mustard or low-fat mayonnaise on a sandwich rather than regular mayonnaise**
- 23) Choose minestrone or other broth-based soups over cream-based soups
- 24) **Choose red sauce rather than cream-based sauces on pasta**
- 25) Enjoy steamed rice rather than fried rice
- 26) **In Chinese restaurants, choose stir-fried dishes rather than sweet and sour or sesame dishes**
- 27) Use broth or marinade instead of one tablespoon of oil for stir-fry
- 28) **Replace eight ounces of fruit juice or soda with water**
- 29) Use Butterbuds or butter flavored spray to flavor vegetables rather than butter or margarine
- 30) **Use chicken broth instead of butter or margarine in stuffing**
- 31) While baking, puree prunes or substitute applesauce for the oil in recipes
- 32) **Use a small bowl for your morning cereal instead of a larger bowl**
- 33) Ask for a take-home container with your meal. Eat half of the meal, and take the other half home
- 34) **Order lunch-size portions of steak and seafood entree instead of the larger dinner portion**
- 35) Ask for salad rather than fries as a side dish
- 36) **Split a meal with your spouse or a friend next time you go out to eat**
- 37) For that chocolate craving, choose the snack size bar rather than the regular-size bar
- 38) **Omit or decrease by half the oil or other fat listed in the directions of boxed side dishes**
- 39) Instead of two alcoholic beverages, drink one and follow with water
- 40) **Eat only half of a bagel instead of a whole bagel**

# CALORIE TRACKER

Each time you decrease 100 calories in a day, make a tick mark in the corresponding box. Then total up at the end of the day the number of times you decreased your calories by 100. Way to go!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>							
<b>Snack</b>							
<b>Lunch</b>							
<b>Snack</b>							
<b>Dinner</b>							
<b>Daily Total</b>							

For more ways to reduce your caloric intake by 100, visit: [www.americaonthemove.org](http://www.americaonthemove.org)