

Easy Ways to Cut an Extra 100 Calories

Small changes in the types of foods you eat and in the portion sizes you choose will quickly add up. Here are smart ways to help you cut 100 calories. Follow the tips every day to lose weight and get the body you want – just in time for summer!

Courtesy of fitbie

1. Select nonfat or 1% milk instead of whole milk
2. Split a bagel with someone, or wrap up the other half for tomorrow's breakfast
3. Swap your morning bagel for an English muffin
4. Make a pizza with half the cheese or use low fat cheese
5. Select soft tacos (6 – 8 inch) flour tortillas instead of the larger burrito size
6. Choose chocolate sorbet over chocolate ice cream
7. Bake mini-muffins instead of full size muffins
8. At the deli, order a whole wheat wrap instead of a sandwich on bread
9. Munch on a small bag of microwave popcorn with no added butter
10. Prepare hot chocolate and instant breakfast drinks with skim milk instead of whole milk
11. Freeze grapes or watermelon wedges for a popsicle like treat
12. Stuff a pita pocket with more fresh vegetables, less meat and cheese
13. Munch on fruity gum instead of jelly beans
14. Bake, broil or grill chicken and fish rather than frying
15. Use a spray bottle to apply dressing to your salad, rather than pouring it on
16. Substitute half the oil in a recipe with applesauce when baking
17. Stop eating your pie once you hit the crust
18. On nachos, swap sour cream for low-fat refried beans and chunky salsa
19. Select a portion-controlled frozen entrée in place of a burger and fries
20. Select grilled chicken in place of breaded or fried
21. Choose whipped yogurt over the regular kind
22. Choose light beer or wine instead of frozen or fruit-based alcoholic drinks
23. Be dip savvy: dip fruit into fat free yogurt, and veggies in bean dip or salsa
24. Swap regular soda for sparkling water with a squeeze of lemon or orange
25. Indulge your cupcake craving with less guilt by only eating the top half
26. Split a dessert with your dining companion or order one for the table and enjoy a few bites
27. Remove the skin from chicken
28. Fill your omelet with onions, peppers, spinach, and mushrooms instead of cheese and meat
29. Control your portions by pouring an individual serving of pretzels or chips into a bowl instead of eating from the bag
30. Drink light beer – limit yourself to 1 or 2 instead of regular

