

Total Nutrition

Tips For Saving 100 Calories

by Mindy Hermann, R.D.

(NAPSA)—It doesn't sound like much—100 calories. But cutting out 100 calories each day could help prevent weight gain, an important goal of America on the Move, a national program to help Americans live healthier lifestyles. You might even start shedding pounds!



Mindy Hermann

First, take a look at what you drink. Coffee drinks, smoothies and bottled tea might be adding a lot of calories.

- Switch from whole milk or half-and-half in your latte to skim milk.

- Get rid of one cup of sugar-sweetened tea or soda.

- Cut your juice portion down to half a cup and mix with sparkling water.

Next, look at how you cook.

- Switch from oil or butter in the pan to cooking spray and you'll save about 100 calories for every tablespoon you eliminate.

- Prepare chicken with the skin on to retain moistness and flavor, but take it off before eating.

- Switch to grated reduced-fat cheese rather than slices of regular cheese.

Now, pick just one meal to change—for example, lunch.

- Make tuna and chicken salads with light mayonnaise.

- Add extra veggies and less meat to your pita.

America on the Move (www.americaonthemove.org) encourages all Americans to take 2,000 extra steps each day, in addition to dropping 100 calories, by walking more.

Here are a few tips to get you started in the right direction:

- Walk around the block before getting your mail.
- Stroll from room to room while on the phone.
- Walk to a friend's house for a visit.
- Grab your partner or a friend for an after-dinner stroll.
- Include 10 minutes of walking during a work break.



- Use reduced-fat salad dressing in place of regular and skip the croutons and bacon bits.

- Having dessert? Eat half a portion and share the rest with a friend.

Densie Webb, a registered dietitian and author of "The Dish on Eating Healthy and Being Fabulous," dishes up these 100-calorie-saving dinner suggestions.

- Portion your pasta to 1 cup instead of 1½ cups.

- Top your pasta with marinara sauce instead of cream sauce.

- Choose a medium-sized baked potato over a large one.

- Skip the cheese on your burger.

- Replace one 10-inch flour tortilla with two 6-inch corn tortillas.

And switch from a medium bagel to a ¾-cup serving of Whole Grain Total® cereal with skim milk. You'll save over 100 calories with the simple swap.

