



## Twenty-Five Ways to Trim 100 Calories

Did you know that if you consume one hundred fewer calories a day, you can lose up to ten pounds in one year? Small changes can make the difference. Sometimes, it is easier to take small steps instead of trying to make a lot of major changes all at once.

Use the following simple suggestions to cut back. If you add a little exercise and burn off one hundred extra calories a day, you can increase the ten-pound weight loss to twenty pounds.

- Use two tablespoons of light whipped butter instead of two tablespoons of regular butter.
- Substitute two tablespoons of chicken broth for one tablespoon of oil when sautéing or stir-frying.
- Choose smaller bagels instead of larger ones.
- Top waffles or pancakes with fresh fruit and a dollop of yogurt instead of maple syrup.
- Use salsa instead of cheese dip with chips.
- Use mustard instead of mayo on a sandwich.
- Eat fresh fruit instead of dried fruit or fruit juice.
- Order coffee with skim or one-percent milk instead of cream or regular milk.
- Choose sorbet over premium ice cream.
- Have low-fat microwavable popcorn instead of an equal amount of boxed caramel popcorn.
- Order a sandwich on whole-wheat bread instead of on a bagel, croissant, or large roll.
- Ask for oil and vinegar with your salad instead of regular dressing. Be generous with the vinegar and use just a drizzle of oil.
- Order a broth-based soup or salad instead of a side of fries.
- Order a cup of minestrone or vegetable soup as an appetizer. Skip the garlic bread.
- Choose red sauce over cream-based sauce on pasta.
- Select a healthy appetizer as your main entrée.
- Choose soft tacos instead of crispy tacos.
- Try diet hot cocoa mix instead of the regular milk chocolate mix.
- Choose spring rolls instead of fried egg rolls.
- Leave the cheese off of sandwiches and hamburgers.
- Choose one-half to one cup steamed rice rather than an equal amount of fried rice.
- Use cooking spray instead of butter when making a grilled cheese sandwich.
- Order dressing on the side and dip your fork first into the dressing, then into your salad.
- Choose thin-crust instead of thick-crust pizza.
- Replace eight ounces of soda or fruit juice with water.

Source: UnitedHealthcare

**For more information regarding the TeamHealth Wellness Program, go to the Wellness Website ([teamhealth.com/wellness](http://teamhealth.com/wellness)).**