



Family & Consumer Sciences

*Cent\$ible Nutrition Program*

*Helping Families Eat Better for Less*

UNIVERSITY  
OF WYOMING  
Cooperative Extension Service

# The Power of One Dietary Change

## 12 EASY WAYS TO EAT 100 LESS CALORIES PER DAY

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What do 10 pounds of fat look like? For a rough estimate, imagine 40 sticks of butter or margarine or 10 1-pound cans of vegetable shortening.

Looks like a lot... yet how many of us add this much weight in a year without realizing it until our pants fit tighter or our belt runs out of notches?

Sometimes, we're too hard on ourselves when trying to lose weight. We eat some pretty awful-tasting foods, forgo getting together with friends if food is involved, or take the joy out of eating through a monotonous and limited "diet." While people have lost hundred of pounds through some of these methods, it's often the same 10 pounds over and over again!

One dietary change may be all it takes. Here are some simple changes, each involving just ONE food; each will decrease your daily intake by about 100 calories. The amounts of calories saved are approximate; check Nutrition Facts labels on specific foods for exact amounts.

The "Dietary Guidelines for Americans, 2005" recommend slow, steady weight loss by decreasing

### **CHEW ON THIS**

**It takes an excess of about 3,500 calories to gain a pound. Break that into smaller bites and 100 extra calories a day can put on about 10 pounds a year. The GOOD NEWS is, LOSING 10 pounds can be as easy as eating 100 calories LESS each day for a year.**

calorie intake while maintaining adequate nutrient intake and increasing physical activity. If you'd like to lose more than 10 pounds over the next year, try two or more of the following changes daily.

It's difficult to obtain adequate nutrients if you consume less than 1,200 calories per day; supervision by your physician is especially important when dropping below this level. It's beneficial for most people to increase their activity level AND eat less.

# SINGLE DIETARY CHANGES EQUAL TO ABOUT 100 CALORIES

1

## Modify Your Milk

Instead of drinking two cups of whole milk, switch to two cups of 1% lowfat milk or skim milk. Except for fat, the nutrients are comparable.

2

## Modify Your Mayo

Switch from two tablespoons of regular mayonnaise to two tablespoons of low-fat mayonnaise.

3

## Rethink Your Drink

Substitute a 12-ounce can of a diet soft drink at 0 calories for a similar amount of a regular soft drink at 150 calories. Or, drink a cold glass of water, perhaps with a slice of lemon! This strategy also may help you eat less in other ways. According to Dr. Barbara Rolls, Pennsylvania State University nutrition professor and author of *Volumetrics: Feel Full on Fewer Calories*, "Various liquids are processed by different mechanisms in the body. The hunger and thirst mechanisms are quite separate. A soft drink will trigger thirst mechanisms, not hunger mechanisms, and add calories without satisfying hunger."

4

## Downsize Your Drink

If you've been drinking a 20-ounce bottle of a regular soft drink, switch to a 12-ounce can.

5

## "Dress," Don't "Drown" Your Salad

- Pam Anderson (*How to Cook Without a Book*, Broadway Books, 2000) advises about 1 tablespoon of oil and a teaspoon of vinegar for each 1½ cup portion of salad.
- In *How to Make Salad* (Boston Common Press, 1998), the test kitchen staff for *Cook's Illustrated* magazine advise ¼ cup of vinegar-oil mixture should be enough to dress 2 quarts (8 cups) of loosely packed salad, an amount they suggest for 4 servings. That means each 2-cup serving of salad greens should have about 1 tablespoon of dressing on it.

TIP: Dressing slides off damp salad greens and collects in the bottom of the salad bowl. You'll get more flavor with less dressing if salad greens are washed and thoroughly dried. Greens can be dried with clean paper towels. Bagged lettuce that's pre-washed and labeled "ready to eat" should be dry enough.

If you've been using 3 (or more!) tablespoons of dressing per two cups of salad, try cutting back to 1½ tablespoons of dressing or less. Or experiment with some of the reduced calorie versions - even then, your salad will taste best if "dressed," not "drowned."



**6**

**Size Up Your Cereal Bowl**

A study reported in the *Journal of the American College of Nutrition* (June, 2001) found the amount of cereal eaten by adults was approximately twice the serving size listed on the box. That's not necessarily bad, but may be one place calories are sneaking into meals. Check the portion size you're pouring in relation to the size cited on the box; decide if you're pouring more calories than desired. To reduce portions, try eating from a smaller bowl.



**7**

**Watch Your Bread and Spread**

Limit the amount of bread (or rolls) and spread eaten before the main course to one serving when dining out. You always can eat more later if you're still hungry!



**8**

**Count Your Cookies**

A single medium-sized cookie easily can have about 100 calories. Often we pop two or more into our mouths before we realize it. If you feel you're not getting enough "crunch" with just one cookie, try eating an apple instead - the calories are similar.



**9**

**Top Your Potato With Fewer Calories**

It's easy to slather a couple of tablespoons of butter or margarine (200 calories per 2 tablespoons) on a baked potato. Try switching to sour cream; you can have as much as a fourth cup for 100 calories. For even fewer calories, use one of the light or fat-free sour creams. Or, substitute low-fat or non-fat yogurt for sour cream.



**10**

**Lessen Your Liquor**

If you drink alcohol, limit your daily consumption to one drink for women and two drinks for men as recommended by the Dietary Guidelines. A typical 5-ounce glass of wine has 100 calories; a 12-ounce serving of beer has 150 calories; and 1½ ounces of distilled spirits has 100 calories.





### **Be Size-wise With Fast Food**

Try one or more of these strategies the next time you visit your favorite fast food restaurant to save 100 or more calories:

- Skip the mayonnaise when ordering your favorite fast food burger. If you're not very hungry, perhaps a "small," "regular," "junior," or whatever term is used by the restaurant for its smallest burger, may be enough.
- Order the smallest size of fries or split them with a friend.
- Instead of fries, consider a side salad with a fat-free or reduced calorie dressing. It's still important to check the calories on the salad dressing. Many salad dressings come in packets; a reduced calorie dressing still may contain around 100 or more calories per packet. Refer back to tip number 5 - your salad might taste just fine without using the whole packet.
- Order a diet soft drink or plain water. See tips 3 and 4 for more about this.

Most fast food places offer nutrition information, including calories, at their restaurant or on their company web site. At your next opportunity, total the calories from your favorite fast food meal. For many adults and children (age 2 and older), a calorie range somewhere between 1,600 to 2,200 is sufficient. It's easy to consume one-half or more of your daily caloric needs at one fast food meal, especially if you're super-sizing portions!



### **Practice Portion Control with Popcorn**

Popping microwave popcorn can be a daily event in many workplaces and homes. It's easy to eat half a bag or more at a sitting. While even TWO cups of the more buttery popcorns may contain 100 calories or less, the entire package might yield 10 or more cups, or possibly over 500 calories! To gauge how many cups of corn you're consuming, one cup is about equal in size to a baseball or to your fist. Microwave popcorn can be a great snack. If you'd like more than a few cups, experiment with some of the lower-fat versions.

