

# Want to Lose Weight?

## 20 Easy Ways to Cut 100 Calories



1. Select an appetizer as your main entrée.
2. Choose minestrone and other broth-based soups over cream-based soups.
3. Choose a salad or vegetables rather than fries as a side dish.
4. Top pancakes or waffles with fresh fruit instead of syrup.
5. Eat a slice of angel food cake instead of chocolate cake.
6. Replace 8 ounces of fruit juice or soda with water.
7. Eat only half of a bagel instead of a whole bagel.
8. Leave the shell behind on your taco salad.
9. Have one less can of soda a day.
10. Choose soft tacos rather than crispy.
11. Choose red sauce rather than cream-based sauces on pasta.
12. Order thin crust pizza instead of pan pizza with thick crust.
13. Choose low-fat yogurt or fat-free sour cream in your dip mix.
14. Remove the skin from chicken pieces.
15. Leave 3-4 bites of food on your plate at each meal.
16. Eliminate the extra butter on your popcorn at the theater.
17. Use mustard on a sandwich rather than regular mayonnaise.
18. Choose sugar-free over regular ice cream.
19. Enjoy salsa rather than cheese dip with tortilla chips.
20. Split a meal with your spouse or friend next time you go out to eat.