

Ways to Take in Fewer Calories

Sometimes, just making a few small changes can have a big impact on the calories we consume. Not all diet changes need to be a massive undertaking. Here are some ways to take in fewer calories and make healthier choices. Check off each idea you try.

To keep food from sticking, use:

- Cooking sprays
- Nonstick cookware
- Water or stock/broth

To replace butter and oil in baked goods, use:

- Ground-up vegetables or fruit (like prunes or applesauce) with no added sugar
- Nonfat plain yogurt
- Vegetable or fruit juice with no added sugar

To replace high-fat sauces, use:

- Hot sauce
- Hummus
- Tahini
- Tzatziki
- Broth
- Herb Marinade
- Lemon juice
- Low-fat gravy
- Mustard
- Nonfat plain yogurt
- Salsa
- Vinegar
- Simple oil and vinegar or lemon juice salad dressing



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To replace sweet drinks with healthier options, try:

- Low-fat cow's milk or dairy alternative without added sugar
- Smoothie made with nonfat plain yogurt, skim milk, frozen fruit, and vegetables
- Sparkling water with a splash of 100% fruit juice
- Tea or coffee with no cream or sugar
- Vegetable juice with no added sugar
- Water with lemon, lime, or mint

To manage portion sizes:

- Don't skip meals
- Measure or weigh your food
- Pay attention to serving sizes
- Plan your snacks and meals
- Start your meal with non-starchy vegetables or a broth-based soup
- Use small plates

To manage alcohol you're consuming:

- Limit alcohol to a maximum of 2 drinks for men; 1 drink for women per day
- A drink is 5 oz of wine, 1.5 oz of hard liquor or 12 oz beer
- Space out drinks with water
- Drink seltzer and lime instead of alcohol, or use them in mixed drinks
- Consider a low-calorie "mocktail"
 - Virgin Bloody Mary
 - Non-alcoholic Sangria with fresh fruit, juice, and seltzer or sparkling water
 - "Fauxijto" with lime, mint, seltzer, and small amount of agave

