

Simple Tips to Cut Calories

Calorie content is influenced by portion sizes and the way the food is prepared. Here are some tips to help you cut calories.

- Watch portion sizes. For example, cutting meat portions from six ounces to three ounces can reduce calories from 440 to 220. Cutting orange juice servings from two cups to one, saves 100 calories. It's important to weigh and measure to keep portions under control.
- Cut down on high fat foods such as butter, margarine, salad dressings, fried foods, fatty meats, cream sauces, gravies and whipped dessert toppings. For example, just eliminating one pat of butter or margarine daily can result in 3 ½ pounds of weight loss in one year's time. You can also cut the calories in half by baking or broiling chicken instead of frying it.
- Cut down on sugary foods such as candies, soft drinks and other sugar-sweetened beverages, jams, jellies, syrups, pies, cakes and pastries. If you cut out three rounded teaspoons of sugar from your coffee or tea daily, at 32 calories per rounded teaspoon, you could save 96 calories a day or 35,040 calories a year!
- Change from whole milk to skim or low fat milk. Whole milk has 160 calories per serving, low fat milk (1%) has 100 calories per serving and skim milk has 85 calories per serving. Be sure to limit the use of other whole milk products (mostly cheese and ice cream).
- Cut down or eliminate alcoholic drinks. Omitting a 12 oz. can of beer, even only once a week, can result in a weight loss of 2 ½ pounds each year.
- Select cooking methods to help cut calories. Cook food with little or no added fat and avoid deep-fat fried foods. For meat and poultry, trim off visible fats; either boil or roast on a rack. If braised or stewed, drain meat to remove fat. For fish – broil or bake. For vegetables – steam, bake or boil or stir-fry in a small amount of vegetable oil.
- Count your nibbles and drinks taken throughout the day and during social events as part of your daily caloric allotment.

