

## Make One Change to Lose 10 Pounds In a Year

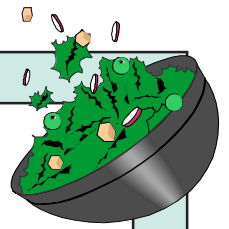
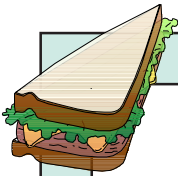
It takes about 3,500 extra calories to gain a pound. Break that into smaller bites and 100 extra calories a day can put on about 10 pounds a year!

The good news is losing 10 pounds can be as easy as eating 100 calories less each day for a year. The ideas below not only will help with weight loss, but make what you eat healthier for you!

1. Substitute a 12-ounce can of a diet soft drink at 1 calorie for a similar amount of a regular soft drink at 150 calories. Or, drink a glass of cold water with a slice of lemon or lime instead!
2. Instead of drinking 2 cups (16 ounces) of whole milk, switch to 2 cups of non-fat or 1 % milk (300 vs. 200 calories for the skinnier milk).
3. Dress, don't *drown* your salad. If you've been using 3 (or more) tablespoons of regular salad dressing per 2 cups of salad, try cutting back to 1½ tablespoons or less of dressing or use a non-fat dressing.
4. Switch from 2 tablespoons of regular mayonnaise to 2 tablespoons of fat-free mayonnaise (Saves 100 calories).
5. If you've been drinking from a 21-ounce container of a regular soft drink, switch to a 12-ounce size (110 vs. 210 calories).
6. Enjoy 2 pieces of whole wheat toast instead of a medium bagel (200 vs. 300 calories).
7. Spread your bread with 2 tablespoons of *jam* instead of butter or margarine (100 vs. 200 calories).
8. Skip the bacon (109 calories for 3 strips) with your morning eggs.
9. Open a can of solid white tuna packed in water instead of oil (175 vs. 275 calories per 6 ounces).
10. Top your pasta with marinara (tomato) sauce instead of a cream sauce (120 vs. 240 calories per cup).
11. Jazz up your baked potato with salsa instead of butter (5 vs. 100 calories per tablespoon).
12. At a fast food restaurant, eat a baked potato (with salsa of course) instead of a large order of fries. (250 vs. 403 calories)
13. Use a light vinaigrette salad dressing instead of a regular creamy dressing (35 to 50 vs. 140 to 160 calories per 2 tablespoons).
14. Select unsweetened applesauce instead of sweetened (100 vs. 200 calories per cup).
15. Order a McDonald's regular cheeseburger instead of a *Quarter Pounder* (330 vs. 420 calories). Request no mayo or sauce for even more calorie savings. Use mustard instead.

- over -





16. Add a 1-ounce splash of juice to 7 ounces of seltzer instead of drinking juice full-strength (14 calories vs. 110 for 8 ounces of orange juice).
17. Eat 5 *Hershey Kisses* instead of 1 *Hershey's Chocolate Almond Bar* (128 vs. 230 calories).
18. Snack on a *small* handful of cashews instead of a large handful (163 calories for 18 nuts vs. 273 calories for 30 nuts).
19. Substitute 5 *Nabisco Nilla* wafers for 5 chocolate chip cookies when needing a sweet fix (92 vs. 248 calories).
20. Try 1 cinnamon raisin English muffin instead of a glazed doughnut for your morning break. (140 calories vs. 310 calories)

An *additional* way to address getting those pounds off is to work off an extra 100 calories each day. If you combine both eating 100 fewer calories a day *and* exercise 100 more calories a day, you could lose about 20 pounds a year!

For example, the following activities burn about 100 calories for a 170-pound person:

- 8 minutes of jogging
- 9 minutes of swimming
- 11 minutes of rollerblading
- 12 minutes of biking on flat land
- 13 minutes of aerobics
- 13 minutes of hiking
- 13 minutes of walking briskly
- 16 minutes of raking
- 16 minutes of gardening
- 18 minutes of walking the dog

Check out [www.caloriecontrol.org](http://www.caloriecontrol.org) to calculate the number of calories you would burn at your body weight.

---

Adapted with permission from Environmental Nutrition, 52 Riverside Drive, Suite 15A, New York, NY 10024. For subscription information 1-800-829-5384; [www.environmentalnutrition.com](http://www.environmentalnutrition.com).

*The WIC Program is an equal opportunity employer and provider.*

4/03



[cdhd.idaho.gov](http://cdhd.idaho.gov)

