



# How to Slash Calories Without Sacrificing

*How can you enjoy pancakes, omelets, lasagna, creamy dips and chocolate pudding—even indulge in fast food—and still lose weight? That's one of the perks of the Real Appeal program! In this session, we'll show you real ways to shave some serious calories from your meals without sacrificing taste. And we'll also steer you to the sweets, snacks, fast foods and other restaurant menu picks that will keep you safely within your calorie budget.*



# At breakfast

*With these barely noticeable swaps, you can enjoy all your morning favorites—cereal, pancakes, bacon and eggs—while keeping calories in check.*

**Bonus tip:** Cereal is one of those foods that’s so easy to overdo—an extra sprinkle or two could mean an extra 100 calories or more. About 160 calories of dry cereal is a reasonable amount. Check the nutrition

label on your favorite cereal to see how many cups that is. And, don’t forget to use your handy Real Appeal measuring cups to dole out the proper portion size!

### To cut 50 calories

Instead of...	Have...
1 cup whole milk	1 cup 1 percent (low-fat) milk
1 cup orange juice	1 medium orange
¼ cup maple syrup on your pancakes	1 cup frozen, thawed strawberries
1 tablespoon butter on your toast	1/5 of a medium avocado, mashed
1 cup low-fat vanilla yogurt	“Homemade” vanilla yogurt: 1 cup nonfat plain yogurt with 1 teaspoon honey plus ½ teaspoon vanilla extract

### To cut 100 calories

Instead of...	Have...
1 ounce (about 3 slices) regular bacon, cooked	1 ounce (about 1½ slices) Canadian bacon, cooked
1 cup cooked, flavored, pre-sweetened oatmeal	1 cup cooked plain oatmeal
Scrambled eggs made with 3 whole eggs	Scrambled eggs made with 1 whole egg and 2 egg whites

# Why, you may ask?

*Well, because we know that shaving 50 calories here and 100 calories there can add up to serious savings over the course of a day—and serious weight loss down the line. With the ideas on the following pages, you’ll be a calorie-cutting connoisseur.*





# In your sandwich

You don't always have to have a salad at lunch (unless, of course, you want to). You can enjoy sandwiches and other classic mid-day meals with these tiny tweaks.

**Bonus tip:** A sprinkle of dried or fresh herbs can take a sandwich from “ho-hum” to “oh yum!” Believe it or not, the healthier swaps actually add MORE flavor than standard sandwich spreads and add-ons, so focus on potent flavors like basil, rosemary, garlic and other herbs/spices. And, double bonus: Herbs have zero calories!

To cut 50 calories	
Instead of...	Have...
2 tablespoons mayo in chicken salad or tuna salad	Mayo-Greek yogurt mixture (1 tablespoon each combined)
2 tablespoons jelly or jam on your peanut butter sandwich	½ sliced apple, pear or banana or ½ cup sliced strawberries
1 slice cheddar cheese	1/5 of a medium avocado, sliced thinly or mashed
2 tablespoons pesto sauce	2 tablespoons pesto hummus (store bought or make it yourself by adding 1 to 2 tablespoons of chopped fresh basil per cup of hummus)
2 slices whole-grain bread	1 whole-grain sandwich thin
1 tablespoon vinaigrette dressing	2 teaspoons balsamic vinegar

To cut 100 calories	
Instead of...	Have...
2 slices cheddar cheese	1 slice cheddar cheese with extra lettuce, tomatoes, cucumbers and other vegetables of your choice
1 hoagie roll (8 inches long)	1 whole-grain pita (6 to 7 inches in diameter)



# At the stovetop



Cooking your own meals is key to controlling calories and your weight because you decide which ingredients go into your dishes. Use these slimming suggestions to make your meals more flavor friendly (and filling!).

**Bonus tip:** Instead of serving food from large dishes for platters that sit on the table for the duration of the meal, have everyone make a plate for themselves in the kitchen, directly from the pots, pans and dishes the food was cooked in. This could help cut down on extra helpings (and extra calories). Plus, it saves time on cleanup!

To cut 50 calories	
Instead of...	Use...
4 ounces ground beef (90 percent lean) in Sloppy Joes, stuffed peppers, casseroles and the like	4 ounces ground turkey (93 percent lean)
1 tablespoon olive oil for sautéing vegetables, chicken, shrimp and other foods	5 sprays of cooking spray and 1 teaspoon olive oil
1 tablespoon butter for sautéing vegetables, chicken, shrimp and other foods	1 cup water or broth to steam veggies, followed by 1 teaspoon each olive oil and lemon juice to season after cooking



To cut 100 calories	
Instead of...	Use...
1 chicken cutlet, breaded and fried	1 chicken cutlet topped with a mix of 1 tablespoon breadcrumbs mixed with ½ teaspoon olive oil, and baked
4 ounces ground beef (80 percent lean) for a burger	A mixture of ½ cup diced mushrooms and 2 ounces ground beef (80 percent lean)
20 deep-fried French fries (about 1¾ cups)	20 baked French fries (about 1¾ cups), rubbed in 1½ teaspoons olive oil before baking. Tip: Sweet potatoes make particularly delicious baked fries.
2 cups veggies sautéed in 1 tablespoon oil	2 cups steamed veggies drizzled with lemon juice and ½ teaspoon olive oil
1 cup brown rice	½ cup brown rice tossed with ½ cup finely chopped roasted cauliflower



# At the fast food joint

Back in Session 13, you learned menu buzzwords that reveal how healthful a dish may be. For example, if you see “crispy,” “fried,” “battered,” or “buttery,” think “fatty.” (See Session 13 for more.)

Below you’ll find some easy fast food swaps that will satisfy your drive-thru craving without breaking the calorie bank.

(You can find more choices in the Fittest Fast Food Finds section in your Real Foods Guide).

To cut 50 calories	
Instead of...	Have...
McDonald’s Cheeseburger	McDonald’s Hamburger
Burger King Ranch Crispy Chicken Wrap	Burger King Ranch Grilled Chicken Wrap
1 tablespoon mayonnaise on a burger or sandwich	1 tablespoon ketchup with extra lettuce and tomato

To cut 100 calories	
Instead of...	Have...
McDonald’s McWrap with Crispy Chicken	McDonald’s McWrap with Grilled Chicken
McDonald’s Sausage Egg McMuffin	McDonald’s Egg McMuffin with apple slices
Small French fries	Kid-size French fries
KFC “Original (fried) Recipe” chicken thigh	KFC grilled chicken thigh
Wendy’s Apple Pecan Chicken Salad (full size) with all the toppings	Wendy’s Apple Pecan Chicken Salad (full size) with $\frac{3}{4}$ of the Pomegranate Vinaigrette Dressing and $\frac{1}{2}$ the blue cheese crumbles.



# When snacking

Snacking is an opportunity for you to practice eating for maximum volume (and satiety) for minimum calories.

A simple strategy is to enjoy fresh, raw veggies instead of crackers and chips. You get the same crunch for significantly fewer calories... and you actually get to eat more food!

**Bonus tip:** You’ll find a ton of great snack ideas in your Real Foods Nutrition Guide.

To cut 50 calories	
Instead of...	Have...
2 cups oil-popped popcorn (stovetop or microwaved)	2 cups air-popped popcorn
1 ounce puffed cheese doodles	1 ounce cheddar cheese (or one wrapped cheese stick)
1 package peanut butter crackers	1 tablespoon peanut butter spread on 2 stalks celery
$\frac{1}{3}$ cup trail mix	A 140- to 150-calorie granola bar

To cut 100 calories	
Instead of...	Have...
1 cup tortilla chips with dip	1 cup celery and carrot sticks with dip
2 ounces cheddar cheese and 1 ounce crackers (about 140 calories worth)	1 small apple and 1 mozzarella cheese stick





# On your salad

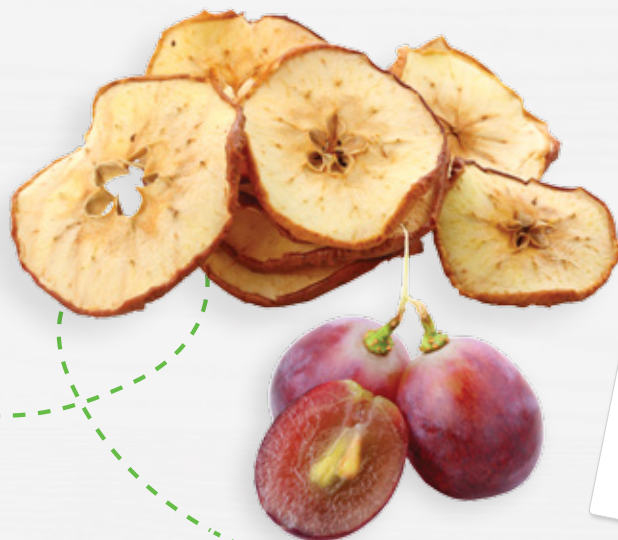
*Be careful! You may think a salad is a smart selection, but it could be more caloric than a cheeseburger and fries. Use the tips below to keep your greens lean.*

**Bonus tip:** The ratio of toppings (like cheese, dressing, nuts and seeds) to non-starchy veggies (such as leafy greens, tomatoes, cucumbers, cauliflower, broccoli)

should be around 1-to-4 in favor of non-starchy veggies. Using this simple rule can help prevent your salad from turning into a calorie extravaganza.

To cut 50 calories	
Instead of...	Have...
2 tablespoons ranch dressing	2 teaspoons olive oil plus 1 tablespoon balsamic (or any other type) vinegar
¼ cup raisins or dried cranberries	¾ cup sliced grapes
½ cup seasoned croutons	⅓ cup apple chips

To cut 100 calories	
Instead of...	Have...
4 ounces grilled steak	4 ounces grilled shrimp
1 large roll on the side	½ cup corn sprinkled over salad



# At a Restaurant

*We've spent entire sessions on dining out, and with good reason. Most restaurant dishes are loaded with calories, fat and sodium. Stick with the tricks below to keep 'em light.*

**Bonus tip:** Skip fancy cocktail sippers. Having an alcoholic drink adds calories that aren't as satisfying as food and lowers your inhibitions (hello, Death by Chocolate dessert!). Plus, it also increases your tab substantially. Restaurants typically mark up

the price of alcohol around 400 percent! If you really must celebrate with a "spirit," try a white wine spritzer, a drink that consists of 50 percent club soda, so at least you'll save on calories.

To cut 50 calories	
Instead of...	Have...
A slice of bread or medium roll while you wait for your food	1 cup raw veggie sticks (crudité)
1 cup chicken noodle soup	1 cup vegetable soup
1 pork carnitas taco	1 shrimp taco
9-ounce sirloin steak	7-ounce sirloin steak

To cut 100 calories	
Instead of...	Have...
Burger with bun	Burger without the bun
An average-size frozen margarita	A 5-ounce glass of red or white wine
Pint of tap beer	Light beer in a bottle





# In *your cup*

*It's easy to forget all about liquid calories, but they add up quickly. And unlike the calories from food, liquid calories don't fill you up or satisfy you. Enjoy a better-for-you beverage using the strategies below.*

**Bonus tip:** Give tea a try! There are so many creative and delicious flavors on the market now that it's nearly impossible NOT

to find something you like. There's even chocolate-flavored tea! At zero calories per cup, it's a must sip.

To cut 50 calories	
Instead of...	Have...
2 tablespoons French vanilla coffee creamer	Homemade "vanilla coffee cream": 2 tablespoons 1 percent (low-fat) milk mixed with a splash of vanilla extract
Coffee with 2 tablespoons cinnamon creamer	Homemade "cinnamon creamer": Coffee with 2 tablespoons 1 percent milk and cinnamon
8 ounces hot cocoa made with 2 percent (reduced fat) milk and whipped cream from a coffee shop	8 ounces 1 percent chocolate milk, heated
Green tea with 1 tablespoon honey	Green tea with 1 teaspoon honey and a squeeze of lemon

To cut 100 calories	
Instead of...	Have...
1 can lemon-lime soda	1 can lemon-lime seltzer water
8 ounces lemonade	Water or sparkling water soaked with freshly squeezed lemons and/or limes
12-ounce latte with whole milk and a teaspoon of sugar	12-ounce latte with skim milk



# To satisfy *your sweet tooth*

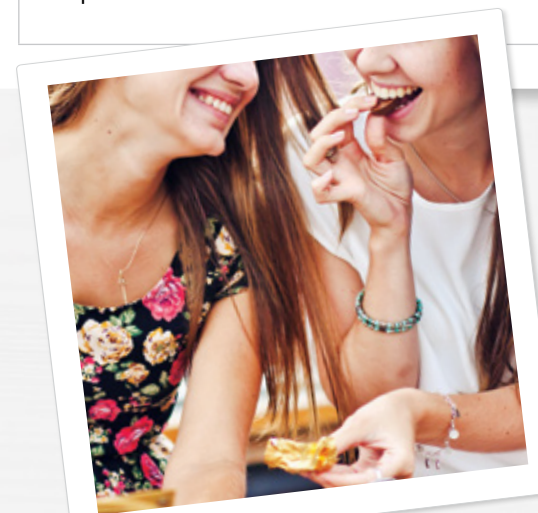
*Love dessert? Who doesn't?! You can have your cake and eat it, too, with the swaps below.*

**Bonus tip:** When it comes to dishing out dessert, an espresso cup or traditional-sized teacup is a smart selection. They hold around 1/4 to 1/2 cup, making them the perfect serving vessel for treats like

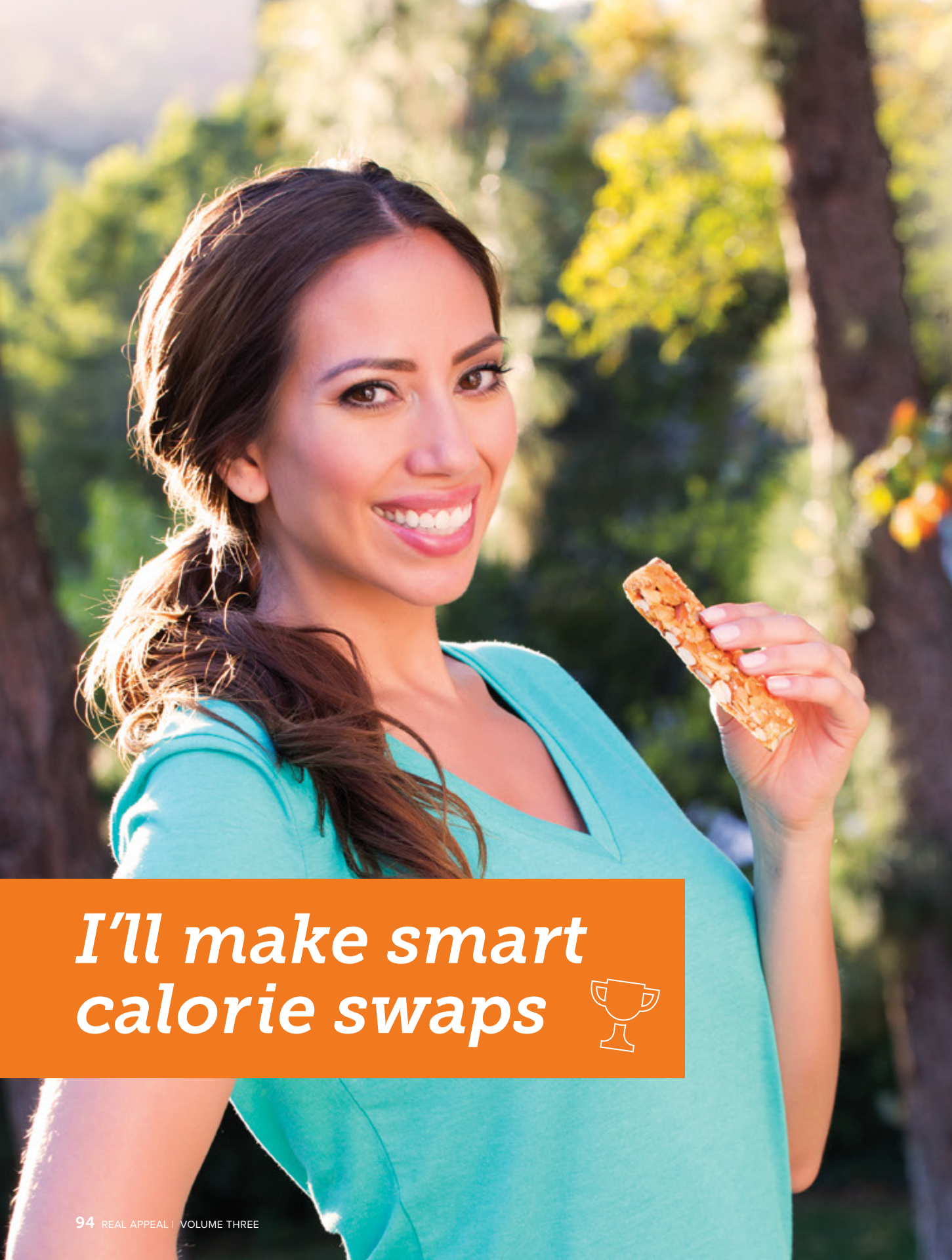
ice cream. You'll get a few delicious bites—without going overboard on calories. Here are some other suggestions that will satisfy your sugar craving.

To cut 50 calories	
Instead of...	Have...
5 ounces chocolate frozen yogurt	5 ounces (1 container) nonfat plain Greek yogurt with 1 teaspoon cocoa powder and 2 teaspoons honey
1/2 cup sorbet	Frozen 100% fruit bars
1 ounce dark chocolate	4 strawberries dipped in 1/2 ounce melted dark chocolate

To cut 100 calories	
Instead of...	Have...
3 packaged chocolate chip cookies (about an ounce total)	3 dark chocolate Hershey's Kisses
1/2 cup ice cream	A 4-ounce (1/2 cup) pudding cup
2 cups caramel corn	2 cups air-popped popcorn tossed with 2 teaspoons maple syrup and a pinch of sea salt



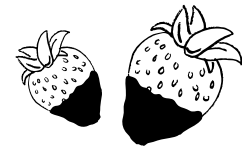




***I'll make smart calorie swaps*** 

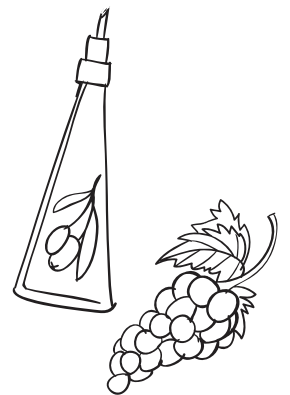


# Commitment Contract



A little snip here and a little trim there can add up quickly when it comes to calories, so I will be conscious of where I can make food swaps to save without feeling deprived.

- I'll choose at least three calorie-saving swaps to make this week (either from the lists in this session or three of my own.)
- Meanwhile, I'll continue my other healthy habits to the best of my ability.



**My signature:** \_\_\_\_\_