

Pound For Pound

May 2004

Need to lose a little weight? It's all in the calories. One pound of fat equals 3,500 calories. Try one or more of these tips and the calorie savings will add up.

Lose the Pepperoni

Switching from meat pizza to cheese or veggie pizza will save about 50 calories per slice.

Soda Savings

One 12 ounce sugar soda provides about 150 "empty" calories. Trading in that soda for water three days a week equals a 450 calorie savings.

Hold the Mayo

Lose the cheese and real mayo on your lunchtime burger or sandwich. One slice of American cheese equals about 100 calories and a tablespoon of real mayonnaise equals 100 calories. That's a savings of 200 calories and if you eat sandwiches four times a week that adds up to about 3,200 calories each month. Give low fat mayo a try (about 25 calories per tablespoon) or better yet mustard (a mere 10 calories per tablespoon).

Berry Good For You!

Save some calories by foregoing your usual dessert of cookies, cake or pie and instead stock up on strawberries! Fresh strawberries are a nutritional bargain—12 strawberries provide more vitamin C than an orange, 6% of the daily value for folate and 13% of the dietary fiber you need each day. All this for a mere 43 calories with very little fat and zero cholesterol.