



Calorie Cutting

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 40

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g



Kathy Maister flickr.com



Kimerv Davis flickr.com

KEEP THESE TIPS IN MIND IF YOU'RE LOOKING TO CUT CALORIES

Fat and calories are two very different things. Certain food may be low in fat but loaded with calories. Remember, always read the labels before buying food to make sure it is really low in calories if that is what you're looking for.

Be creative. Use low calorie ingredients to make your favorite traditional dishes. You can easily replace fatty and unhealthy ingredients with healthy low calorie ones in the recipes. Most low calorie foods taste just as good as their counter parts.

Choose lean meats. Choosing lean cuts and trimming the excess fat and skin off of meat can help cut down loads of unwanted calories without changing much of the taste.

Consume low fat dairy. You can cut down calories easily by switching to low fat dairy. You do not have to change all your dairies to low fat ones, try different options to see which taste best. One may not like low fat cheese but love low fat milk.

Have a meatless meal once or twice a week. Meat contains loads of calories and not to mention raises cholesterol. Taking one or two meatless meal a week can help you reduce calories tremendously.

Empty calories are useless calories, so avoid them. You get empty calories from foods that have no nutritional value at all. A great example of an empty calorie food is soda. Soda contains lots of calories but has no nutritional value. It also contains lots of sugar and flavoring which is unhealthy for the body.

Control alcohol intake. Alcohol is also an empty calorie food. It is also a food that many consume without paying much attention to the calorie content. This can cause the hidden calories to add up fast!

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