Simple Ways to Eat 100 Less Calories Per Day

What do 10 pounds of fat look like? For a rough estimate, imagine 10 packages of butter or margarine or 10 1 pound cans of vegetable shortening.

It looks like a lot, yet how many of us add this much weight on in a year without realizing it until our pants don't fit as well or belt runs out of notches?

Sometimes we can be hard on our self when we lose weight. We tend to settle for foods that don't taste good or give up getting together with friend and family and follow a monotonous and limited diet.

While people have lost hundreds of pound through the methods, it is often the same 10 pounds we lose over and over again.

It takes an excess of about 3500 calories to gain a pound. Break that into smaller bites and 100 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.

One dietary change may be all it takes. Here are some simple changes involving just one food. Each will decrease your daily intake by about 100 calories. The amounts of calories saved are approximate. Check the nutrition facts labels on specific foods for the exact amounts.

1. Modify your milk. Instead of drinking 2 cups of whole milk, switch to 1 percent low fat milk or skim milk.
2. Downsize your drink. If you have been drinking a 20 ounce regular soft drink, switch to an 8 or 12 ounce container size, or better yet, drink a cold glass of water.
3. Change your salad dressing. "Dress, Don't Drown". A 2 cup serving of salad greens should have about 1 tablespoon or less of salad. Choose vinaigrette rather than a creamy dressing.
4. Size up your cereal bowl. Check the portion size you are pouring in relations to the size cited on the box; decide if you are pouring more calories than desired. Try eating from a smaller bowl to control portions.
5. Count your cookies. A single medium-sized cookie can easily have 100 calories. Often we eat two or more. If you feel you need something sweet, limit yourself to one cookie or try eating an apple or other fruit instead.

It is recommended to lose weight slow and steady, about ½ to 2 pounds a week. It is difficult to obtain adequate nutrients if you consume less than 1200 calories per day. It is beneficial for most people to increase their activity level and eat less.

Source: University of Nebraska Lincoln