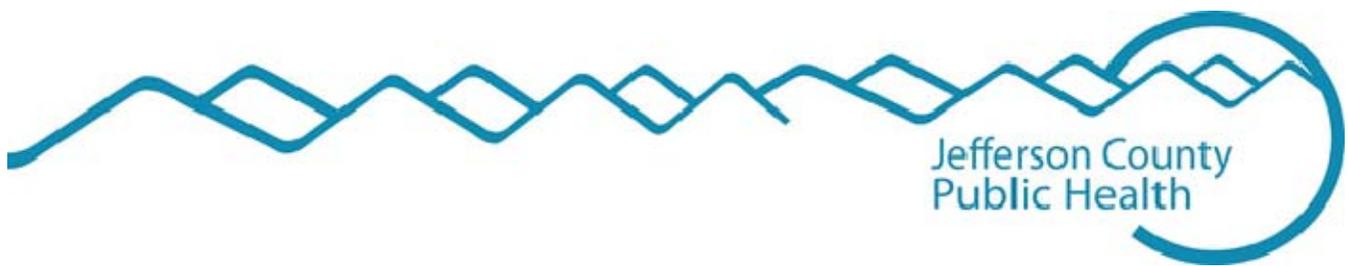




## THIRTY WAYS TO COUNT CALORIES

Making just a few basic changes in your eating habits and lifestyle can give you the help needed to bring your weight down and keep it down. Take a long term approach, changing one behavior at a time. These changes must be permanent. Exercise is a key to weight control and better health.

1. **Set realistic goals:** The more slowly you lose weight, the more likely you are to keep the weight off. Recent research indicates 1/2 to 1 pound a week may lead to weight loss that lasts.
2. **Timing:** High stress times can interfere with your trying to change habits. Change your eating and exercise habits when you have the time and energy to work on them.
3. **Teamwork:** Ask a friend, relative or coworker to diet and exercise with you. You can help each other avoid foods or get moving.
4. **Get Food Facts:** Get counseling from a licensed dietitian or nutritionist so you will know what to eat and how much to eat. WIC program is a good source.
5. **Write It Down:** Know exactly what you are eating and how much. Keep a food diary for at least 2 weeks. Each time you eat or drink something, write it down. Include the time and also how you were feeling at the time you ate. You may find times and activities or moods will lead you to over eat or eat the wrong kinds of food.
6. **Measure:** The first week or two of your new eating style measure and weigh foods. This will train you to eat appropriate serving sizes and make you more aware of the foods you eat and the amount you eat. Eat from a salad plate instead of a big dinner plate. To make portions seem like more, slice meat thin, cut chicken and fish into smaller pieces.
7. **Water:** Drink at least 6 to 8 glasses daily to help you feel full. Often you can think you are hungry when you are actually thirsty. Want a snack? Have a glass of water instead. Add a little wedge of lemon to improve taste. Avoid soda.



8. Go Easy On “Fat-Free” Foods: Just because a food is labeled “fat-free” doesn’t mean it is free of calories. Many “fat-free” foods are high in calories. Check food labels.

9. Make your own Fat-Free or Low Fat: Trim all the fat off meats before you cook them. Meaty soups and stews will have less fat calories if prepared a day ahead and refrigerated overnight. The fat raises to the top and can be skimmed off, saving as much as 100 calories per tablespoon. If you yearn for gravy, for an almost fat free, low calorie gravy, thicken bouillon or skimmed broth with cornstarch. Have your eggs boiled or poached instead of frying, or scramble eggs and cook omelets in a non-stick skillet with no added oil. Crave a creamy salad dressing? Make your own with plain yogurt. Yogurt also adds tangy flavor to tuna or chicken salads. Recipes that call for ricotta cheese, 420 calories per cup, use cottage cheese, at 240 calories per cup instead.

10. Slow Down: Put your fork down between bites. Enjoy the flavor and the texture and let the food reach and begin to fill your stomach. Eat slowly, pause between mouthfuls.

11. Avoid Alcohol: Alcohol gives you empty calories and may reduce your ability to think clearly, allowing you to eat more than you need, and eat foods you might normally avoid. Seltzer or club soda zips up the flavor of iced fruit juice, makes it go further and reduces calories. Have tomato or V8 Juice, only 35 calories in a 6 oz. serving.

12. Sweet tooth: Eat smaller amounts of foods that satisfy your sweet tooth, but don’t add calories. Choices – fresh fruit, sugar free gum, sourballs, lollipops, marshmallows, jelly beans, dried fruit and some hard candies. A piece or two - not a whole handful!



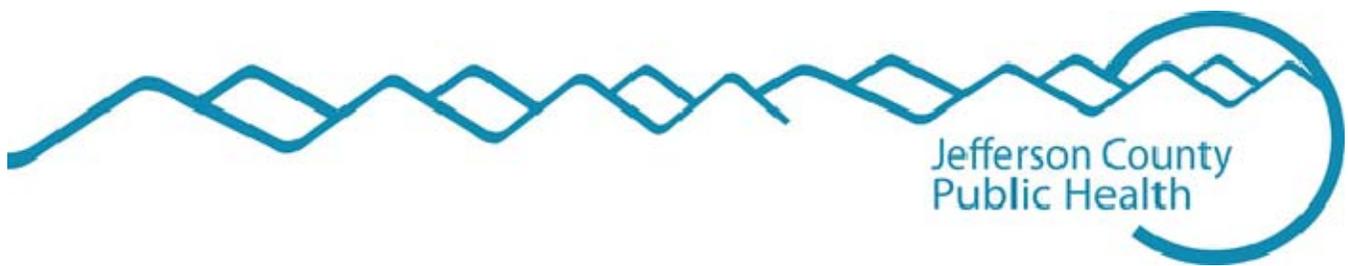
13. **Slow Down Again:** Make gradual changes, so you don't feel deprived. Example, whole milk to 2%, then 1% to fat free or skimmed. Fried foods to broiled, roasted or steamed with fat skimmed off. Switch from sugar to part sugar/part artificial sweetener and then to artificial sweetener only - or no sweetener at all and enjoy the flavor.

14. **Schedule Snacks:** Set a time for a healthy snack. If you know you will have a healthy snack to enjoy later, you'll be less likely to snack all day. See #29 for snack ideas or create your own.

15. **Eating Out:** Learn to eat diet portions, like you learned to measure in #6. That big plate of spaghetti! Ask the waitress for a carry out box before you are tempted to eat the whole thing. Order a luncheon portion. Ask for dressing or sauces on the side and use low calorie salad dressings. Eliminate fried foods. Avoid French fries, have the baked potato instead - but go easy on the butter or sour cream. Better yet, order other vegetables or fruit. If you do order dessert, share it with others. Avoid fast food chains and banquets. If you eat at a fast food chain, pick the burger or sandwich without all the high calorie trimmings. Avoid mayonnaise and salad dressings.

16. **Menus:** At the beginning of the week, prepare a menu with plenty of whole grains, fruits and vegetables, but go easy on high protein foods like, meats, beans and eggs (2 servings daily). Don't forget your tasty low calorie snacks. Create a weekly shopping list to buy only foods you should be eating. Avoid grocery shopping if you are hungry, and leave those high calorie snacks on the shelf. They will look better in the box or wrap than on you. Buy only what you should be eating. If you do buy high calorie snacks for others, keep them out of your reach and out of sight.

17. **Know Your Oils:** Butter, lard and shortening are loaded with fat and cholesterol. Use small amounts of the healthier oils, such as, olive, rapeseed or sesame seed oils.



18. The 30% rule: The American Heart Association recommends that no more than 30% of your calories come from fat. Read your food labels, pay attention to fats and calories. Plan your meals.

19. Eat On Schedule: Eating on a regular schedule will help keep a steady supply of nutritional fuel available for the body and keep you from becoming over hungry and eating too much. If you are hungry frequently, have several small meals each day instead of big meals. Be sure you eat breakfast.

20. Take 10 Deep Breaths: The urge for a snack makes you want to head for the refrigerator or vending machine. Instead, call to mind an image that calms you and then take 10 deep, long, slow breaths. This may help for impulsive eaters. Call a friend or find something to keep you busy.

21. Tips For Added Exercise: Park your car in the far corner of the parking lot. Use steps instead of elevators or escalators. Wash your own car. Set aside 20 minutes each day to walk around your neighborhood. Eat a light lunch at work then walk around the parking lot or other safe place. Run the vacuum cleaner through the house and sweep the driveway twice a week. If you garden, spade it, don't run a tiller. Walk, whenever you can, instead of driving. Mow your own lawn. Answer the phone furthest away.

22. Schedule It: Can't find time to exercise? Schedule it just like a doctor's appointment or meeting. Treat your exercise like a normal part of everyday and stick to it.

23. Pick An Exercise You Like: Jogging, aerobics, bicycling, walking, hiking, walking the dog, playing tennis, roller blading, dancing, yoga, gi gong, fencing classes, rock climbing, judo, karate, shadow boxing and lots more.



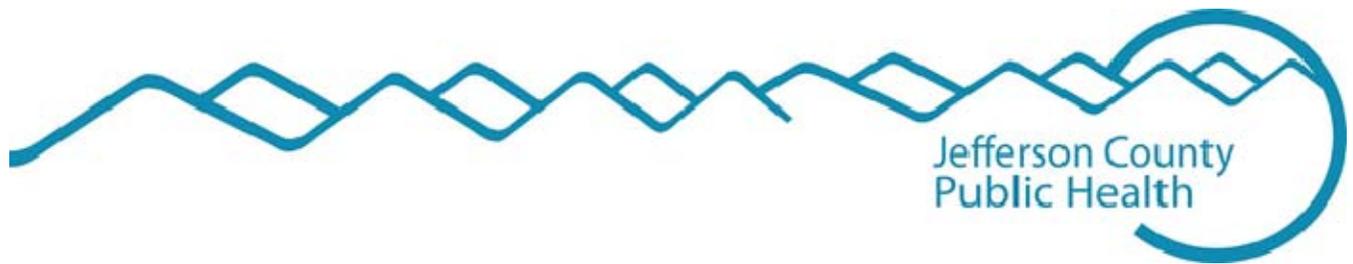
24. No Food, No Fun: No food is “bad”. A food becomes “bad” only when you have it too often or eat too much of it. Balance your eating. If you’re going out for dinner, go easy on the breakfast and lunch. Snack on fruits, vegetables, pumpkin or sunflower seeds. Popcorn is a good snack; it’s low in calories, filling, satisfying and delicious, but skip the butter.

25. Change Cooking Habits: Instead of buttering vegetables, season with calorie free herbs and spices. Example - carrots with dill weed. Save money and calories by buying inexpensive store brand ice cream. It is made with less butter fat. Pasta lovers, you get more spaghetti for the calories if you eat extra thin vermicelli. Cook according to package directions. You get slightly more spaghetti with no extra calories. Make meat loaf with extra lean ground beef. Canned fruit, packed in juice, has 30-60 less calories per ½ cup serving than those packed in heavy syrup. Make pudding with skim milk and save 35 calories in a ½ cup serving. Use non-fat dry milk powder as a coffee creamer, only 10 calories in a teaspoon.

26. Don’t Forget Breads: Most plain breads – wheat, white or rye are 65 to 100 calories per slice. Beware of muffins and biscuits, as they have added fat and sugar.

27. Low Calorie Dips: Use low fat yogurt at about 150 calories per cup, instead of sour cream (495) or cream cheese (800) calories per cup.

28. Eating Style: Eat only in one specific place in your home. Do not put serving containers on the table. When eating, only eat - no TV, talking on the telephone or reading. Be aware of what you are eating and how much, “Savor the flavor”. Store food only in the kitchen and in containers you cannot see through. Keep low calorie snack foods available. Put only the amount you intend to eat on your plate and put the rest away.



## 29. Low Calorie Snacks

- |   |                   |                                |                           |
|---|-------------------|--------------------------------|---------------------------|
| * Carrots   | * Strawberries    | * Hard-boiled egg              | * Low fat buttermilk      |
| * Dill pickles  | * Apples          | * Dry toast with               | * Farmers cheese          |
| * Celery  | * Peaches         | Diet jam or jelly              | * Low fat cottage cheese  |
| * Green onions  | * Grapefruit      | * Weight Watchers              | * Low fat plain yogurt    |
| * Radishes  | * Oranges         | Milkshake (Recipe #30)         | (add your own fruit)      |
| * Cucumbers   | * Tangerines      | * Popcorn - plain with salt,   | * Skim milk               |
| * Cauliflower   | * Pears           | lemon juice or Parmesan cheese | * Broccoli                |
| * Rhubarb (no sugar)                                  | * Melba toast     | * Tomatoes                     | * Cantaloupe              |
| * Zucchini  | * Honeydew        | * Tomato juice                 | * Canned fruit, drained   |
| * Coffee  | * Vegetable juice | * Bouillon                     | * Tea - regular or herbal |
| * Tossed salad greens with low calorie salad dressing |                   |                                |                           |

## 30. Low Calorie Recipes

### **Cottage Cheese Salad Dressing**

- 1 cup cottage cheese (low fat)
- 1/2 cup water
- Chopped chives or parsley

In electric blender, beat cottage cheese and water. Turn to high speed for 1 minute. Season with chives or parsley.

### **Weight Watchers Milkshake**

- 1/4 cup dry powdered milk
- 1/2 cup water
- 6 ice cubes
- 1/2 banana or other ripe fruit
- 1 tsp. vanilla

Blend in blender at high speed for 1 minute.

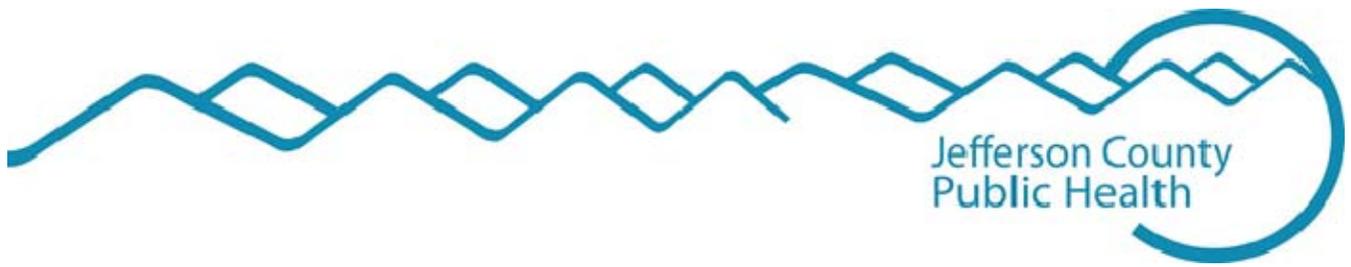
### **V-8 Salad dressing**

- 1 (12 oz) can V8 vegetable juice
- 1 pkg. Italian dressing mix
- 1 oz. envelope plain gelatin
- 1/4 cup vinegar (or less)

Combine ingredients and mix in blender or shake thoroughly in quart jar.

### **Egg Salad**

- 3 eggs, hard cooked
- 8 oz. container of low fat cottage cheese
- 1/2 cup diced celery
- 1/4 tsp salt



1/8 tsp pepper

Cool, shell and chop the eggs finely. In a small bowl combine chopped eggs, cottage cheese, 1/2 cup diced celery, salt and pepper. Makes 2 cups

**Peanut Butter Macaroons**

- 2 egg whites
- 3/4 cup sugar
- 1/4 tsp. almond extract
- 2 cups puffed rice
- 1/3 cup peanut butter
- 1/8 tsp. salt

Beat egg whites until stiff. Fold in sugar. Add almond extract. Fold in cereal, peanut butter and salt. Drop onto lightly greased pan (use Pam). Bake at 350 degrees for about 10 minutes until brown.

**Oven baked chicken**

- Chicken pieces
- 1/2 tsp low calorie salad dressing
- Dry bread crumbs to coat chicken

Remove skin and fat from chicken. Dip each piece in the salad dressing then coat lightly with dry bread crumbs. Bake at 400 degrees for 40-50 minutes, turning 1-2 times, until chicken is fork tender.

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