Make One Change to Lose 10 Pounds In a Year

It takes about 3,500 extra calories to gain a pound. Break that into smaller bites and 100 extra 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. The ideas below not only will help with weight loss, but make what you eat healthier for you!

1. Substitute a 12-ounce can of a diet soft drink at 1 calorie for a similar amount of a regular soft drink at 150 calories. Or, drink a glass of cold water with a slice of lemon or lime instead!
2. Instead of drinking 2 cups (16 ounces) of whole milk, switch to 2 cups of non-fat or 1 % milk (300 vs. 200 calories for the skinnier milk).
3. Dress, don’t drown your salad. If you’ve been using 3 (or more) tablespoons of regular salad dressing per 2 cups of salad, try cutting back to 1½ tablespoons or less of dressing or use a non-fat dressing.
4. Switch from 2 tablespoons of regular mayonnaise to 2 tablespoons of fat-free mayonnaise (Saves 100 calories).
5. If you’ve been drinking from a 21-ounce container of a regular soft drink, switch to a 12-ounce size (110 vs. 210 calories).
6. Enjoy 2 pieces of whole wheat toast instead of a medium bagel (200 vs. 300 calories).
7. Spread your bread with 2 tablespoons of jam instead of butter or margarine (100 vs. 200 calories).
8. Skip the bacon (109 calories for 3 strips) with your morning eggs.
9. Open a can of solid white tuna packed in water instead of oil (175 vs. 275 calories per 6 ounces).
10. Top your pasta with marinara (tomato) sauce instead of a cream sauce (120 vs. 240 calories per cup).
11. Jazz up your baked potato with salsa instead of butter (5 vs. 100 calories per tablespoon).
12. At a fast food restaurant, eat a baked potato (with salsa of course) instead of a large order of fries. (250 vs. 403 calories)
13. Use a light vinaigrette salad dressing instead of a regular creamy dressing (35 to 50 vs. 140 to 160 calories per 2 tablespoons).
14. Select unsweetened applesauce instead of sweetened (100 vs. 200 calories per cup).
15. Order a McDonald’s regular cheeseburger instead of a Quarter Pounder (330 vs. 420 calories). Request no mayo or sauce for even more calorie savings. Use mustard instead.
16. Add a 1-ounce splash of juice to 7 ounces of seltzer instead of drinking juice full-strength (14 calories vs. 110 for 8 ounces of orange juice).

17. Eat 5 Hershey Kisses instead of 1 Hershey’s Chocolate Almond Bar (128 vs. 230 calories).

18. Snack on a small handful of cashews instead of a large handful (163 calories for 18 nuts vs. 273 calories for 30 nuts).

19. Substitute 5 Nabisco Nilla wafers for 5 chocolate chip cookies when needing a sweet fix (92 vs. 248 calories).

20. Try 1 cinnamon raisin English muffin instead of a glazed doughnut for your morning break. (140 calories vs. 310 calories)

An additional way to address getting those pounds off is to work off an extra 100 calories each day. If you combine both eating 100 fewer calories a day and exercise 100 more calories a day, you could lose about 20 pounds a year!

For example, the following activities burn about 100 calories for a 170-pound person:
   8 minutes of jogging
   9 minutes of swimming
   11 minutes of rollerblading
   12 minutes of biking on flat land
   13 minutes of aerobics
   13 minutes of hiking
   13 minutes of walking briskly
   16 minutes of raking
   16 minutes of gardening
   18 minutes of walking the dog

Check out www.caloriecontrol.org to calculate the number of calories you would burn at your body weight.