



Simple Ways to Cut 100 Calories

Breakfast:

- Select a nonfat or 1% milk instead of whole milk
 - Use a small glass for juice and a small bowl for cereal
 - Choose light yogurt made with no-calorie sweetener
 - Try turkey sausage or canadian bacon for less fat than regular sausage
 - Fill your omelet with onions, peppers, spinach, and mushrooms instead of cheese and meat
-
-

Lunch/Dinner:

- Put lettuce, tomato, onions, and pickles on your burger or sandwich instead of cheese
 - Prepare tuna or chicken salad with a smaller amount of fat-free or light mayonnaise
 - Make your sandwich with light, whole-wheat bread
 - Choose 1% cottage cheese
 - Use diet margarine
 - Trim all fat from beef, pork, and chicken (also remove the skin from chicken)
 - Bake, broil, or grill chicken and fish rather than frying
 - Limit meat portions to 3-4 ounces (the size of a deck of cards)
 - Eat slowly to make your meal last and reduce your urge for second helpings
-
-

Desserts:

- Satisfy your sweet tooth with a sliver, bite, or taste of dessert instead of a full portion
 - Savor a root beer float with 0 calorie root beer, and 1 scoop of low-sugar vanilla ice cream
 - Cut a half slice of cake or pie
 - Share your dessert with someone else
-
-

Beverages:

- Substitute diet soda for regular soda
 - Pay attention to serving sizes, most contain 2 servings
 - Opt for a small or medium drink instead
 - Choose no-sugar added fruit juices
 - Drink light beer-limit yourself to 1 or 2-instead of regular
 - Select nonfat (skim) or 1% chocolate milk instead of whole milk
 - Have 1 cup of low-fat (1%) milk instead of whole milk
-
-



Easy Ways to Add 2000 Steps

- Park in the farthest parking space
- Take the stairs
- "Walk and Talk" with friends, family and co-workers
- Schedule 10 minute walks

By walking an extra mile (about 2000 steps) and reducing 100 calories, it's easy to achieve energy balance that can stop weight gain.

www.Americaonthemove.org

Distance	Steps	Minutes Biking, swimming or other aerobic activity
¼ mile	500	---
½ mile	1000	7.5 minutes
1 mile	2000	15 minutes
2 miles	4000	30 minutes
3 miles	6000	45 minutes
4 miles	8000	60 minutes
5 miles	10,000	75 minutes
6 miles	12,000	90 minutes
7 miles	14,000	105 minutes
8 miles	16,000	120 minutes
9 miles	18,000	135 minutes
10 miles	20,000	150 minutes