



Try These Nutrition Tips

Learn to substitute:

One of the easiest ways to cut calories is to food-swap. Ditch a high fat version for its lower fat counterpart and you're on your way to mega-calorie savings. Try these smart substitutions:

| | |
|--|---|
| Grande White Chocolate Mocha Frappuccino = 480 calories, 7g fat | Grande White Chocolate Mocha Frappuccino Light = 180 calories, 2g fat |
| 1 oz grated cheddar cheese = 115 calories, 9g fat | 2 tsp grated Parmesan cheese = 40 calories, 3g fat |
| 4 oz whole wheat banana muffin = 430 calories, 23g fat | 2 whole grain waffles = 160 calories, 2g fat |
| 1 cup tuna salad = 420 calories, 34g fat | 3 oz grilled chicken breast = 150 calories, 3.5g fat |
| ½ cup granola = 590 calories, 29g fat | 1 cup fiber cereal = 120 calories, 2g fat |
| 4 oz turkey burger = 240 calories, 17g fat | 4 oz lean turkey burger = 170 calories, 7g fat |
| Bagel with cream cheese = 600 calories, 22g fat | English muffin with no-sugar-added jelly = 160 calories, 1g fat |
| 1 slice cheese pizza = 450 calories, 13g fat | 1 slice cheese-less pizza with veggies = 250 calories, 2g fat |
| Large soft pretzel = 400 calories, 4g fat | 1.25 oz (2 servings) soy crisps = 140 calories, 4g fat |
| 1 order General Tso's Chicken = 1,300 calories, 11g fat | 1 order steamed chicken and broccoli with ½ cup garlic sauce = 400 calories, 4g fat |
| 1 cup shelled peanuts = 570 calories, 40g fat | 1 cup peanuts in the shell = 200 calories, 14g fat |
| ¼ cup half-and-half = 80 calories, 7g fat | ¼ cup skim milk = 20 calories, 0g fat |
| 1 cup Ben & Jerry's Half-Baked ice cream = 560 calories, 28g fat | Frozen fruit pop = 90 calories, 1g fat |
| 2 1.3-oz chocolate truffles = 340 calories, 22g fat | 2 chocolate-covered strawberries = 60 calories, 3g fat |

Source: Feel Great Weight nutrition expert Sharon Richter, Sharon Richter, MS, RD; info@sharonrichter.com.