

# 15 SIMPLE WAYS TO SAVE CALORIES

The quality of the calories you eat counts! Eating high quality foods keeps you healthy and your waistline in check.

However, you can go overboard – even with healthy foods – without knowing it. Here are some simple tips to save hundreds of calories every day.

1. Pile sandwiches with low-calorie, high fiber veggies and less processed red meat.
2. Make open-faced sandwiches with one slice of bread.
3. Use 'Thins' for bread (i.e., bagel thins or sandwich thins).
4. Eat the whole fruit instead of drinking the juice.
5. Skip the slice of cheese on your sandwich; use a spread of pesto or hummus.
6. Drizzle olive oil on salads, pasta and sauces.
7. Use veggie noodles instead of wheat-based pasta.
8. Switch from regular mayonnaise to plain Greek-style yogurt.
9. Swap high-fat meats like bacon, burgers for plant-based varieties (i.e., Beyond Meat, Boca Burgers).
10. Use cauliflower or broccoli rice instead of white rice.
11. Avoid frozen, high sugar cocktails. Cut alcohol in half with wine spritzers and a splash of vodka in club soda with a hint of cranberry juice and lime.
12. Get creative with herbs and spices to flavor foods without a lot of fat and sodium.
13. Make mini-muffins or mini-desserts to downsize your sweet treats.
14. Sweeten foods yourself with a drizzle of honey, maple syrup or agave nectar.
15. Downsize your favorite coffee drink or use frothed milk and flavor with cinnamon, nutmeg and/or cocoa powder.