

Lose those last 10 pounds

IT'S AS SIMPLE AS CUTTING 100 CALORIES A DAY

Looking for a magic bullet? Cutting just 100 calories daily is enough to help you lose up to 10 pounds a year almost effortlessly, according to John Foreyt, M.D., Ph.D., director of the nutrition research clinic at the Baylor College of Medicine and a FITNESS advisory board member. Slash more calories from your diet and you could lose the weight even faster. Here, 25 painless substitutions—each one saving you 100 calories or more—to help you make the cut.



INSTEAD OF..	TRY..	INSTEAD OF..	TRY..
1 cup low-fat granola with raisins	1 cup Raisin Bran cereal	½ cup raisins	1 cup grapes
1 medium (16-oz) caffe latte with whole milk	1 medium (16-oz) cappuccino with 2 percent milk	1.5-oz bag of banana chips	1 medium banana
1 whole cinnamon-raisin bagel	half an oat-bran bagel	1 ice-cream sandwich	1 low-fat frozen yogurt bar
1 medium corn muffin and 2 Tbs regular cream cheese	1 English muffin and 1 Tbs whipped cream cheese	1 cup air-popped popcorn with 1 Tbs butter	3 cups air-popped popcorn with 1 Tbs Parmesan cheese
1 (3-oz) fried fish fillet	1 (3-oz) tuna steak, seared	1.5-oz bag of corn chips	3 rice cakes
1 baked potato with 1 Tbs butter and 2 Tbs sour cream	1 baked potato with 2 Tbs reduced-fat sour cream and 1 Tbs chopped chives	1 oz potato chips with ½ cup sour cream dip	1 oz tortilla chips with ½ cup salsa
1 medium (4-oz) hamburger	1 medium (4-oz) fat-free Vegan Original Boca burger on a reduced-calorie hamburger bun	1.5 oz trail mix	1.5 oz dried fruit
1 cup canned tomato bisque soup	1 cup canned vegetable with beef broth soup	1 medium (1.5 oz) chocolate bar	1 chocolate-chip granola bar
2 slices pepperoni and sausage pizza	2 slices cheese pizza with peppers	1 éclair	1 snack-size chocolate pudding with 1 Tbs whipped cream
stir-fried vegetables plus 1½ cups fried rice	stir-fried vegetables plus 1 cup steamed rice	1 cup fruit cocktail	1 pear or orange
1 regular pork or beef hot dog	1 fat-free beef frank	2 oz salted peanuts	12 thin-twist fat-free pretzels
		10 chocolate-covered peanuts	26 chocolate-covered raisins
		12 oz sweetened iced tea	12 oz green tea over ice
		10 Starburst candies	24 jelly beans

by Danielle Sharpe