

Trimming here and there

A pound is 3,500 calories. By cutting 100 calories here and there and/or burning off a few extra, you can lose a half pound or more a week. Here are 23 ways to save 100 calories or more from the American Dietetic Association.

Eating at home

► Dilute your salad dressing. Two tablespoons of regular Ranch salad dressing add 140 to 190 calories to a salad. The calories are cut in half when you mix 1 tablespoon of water with 1 tablespoon of regular dressing.

► Use a fat-free salad dressing to marinate chicken, beef or fish. Four tablespoons of fat-free Italian dressing have about 40 calories, compared with about 220 calories for the same amount of regular Italian dressing.

► To make creamy mashed potatoes, add fat-free sour cream (1/2 cup equals 120 calories) in place of 2 tablespoons of butter or margarine (200 calories).

► Sauté vegetables in cooking spray (butter or olive oil flavored) instead of the usual tablespoon of butter (100 calories) or oil (about 120 calories). Add herbs for more flavor.

► Use 2 tablespoons of evaporated fat-free skim milk (25 calories) instead of 2 tablespoons of half-and-half in your coffee (35 calories). That's a 10-calorie savings per cup of coffee. If you drink three cups a day, you'll save almost 100 calories every three days.

► Replace a 12-ounce glass of orange juice (168 calories) with an orange (65 calories). Not only will you save calories but the fresh orange has more fiber and will be more satisfying.

► Use 1/4 cup of light maple syrup (100 calories) on your pancakes instead of 1/4 cup of regular maple syrup (210 calories).

Snacking

► Replace one regular soda a day with a cup of herbal tea.

► Satisfy your sweet tooth with a Fudgsicle (60 calories) instead of a candy bar (200 or more calories).



for every slab of butter or margarine you don't put on the potato.

► If skim milk is not available, which often happens on airplanes or in restaurants, dilute whole milk with an equal amount of water. Save 75 calories for every cup of whole milk you water down.

► Eat 1 ounce of baked chips for a 2-ounce serving of fried ones and save about 200 calories.

► Share your dessert with someone else. It gives you a taste of things so you don't feel deprived.

► Ask to have the basket of bread or tortilla chips removed from the table to avoid eating hundreds of extra calories.

► Dilute your alcohol calories. Always have a glass of ice water handy in addition to your drink.

It helps slow down the alcohol consumption and quenches the thirst that alcohol builds. For every beer you skip, you save about 140 calories.

Exercising

(Calories based on a 130-pound person).

► Bicycle with your son, daughter, spouse, neighbor or friend. By cycling about 6 mph, you'll burn 100 calories in 25 minutes.

► Jump rope with your kids. You'll use 100 calories in 15 minutes.

► Walk the dog — don't watch the dog walk. Walking 3 mph for 23 minutes or 4 mph for 18 minutes burns 100 calories.

► Jog while your kids are at sports practice or dance class. Jogging for 12 minutes at 5 mph burns 100 calories.

► Put your exercise bike in your kitchen or your home office. Ride the bike while you talk on the phone. Bike at 10 mph for 25 minutes to burn 100 calories.

► Curb your urge to splurge on chocolate by having a chocolate kiss instead of a candy bar (26 calories for a kiss; 280 for a Snickers bar that weighs 2.07 ounces). See how long you can make the kiss last in your mouth before swallowing it. Freeze it first, and it'll melt in your mouth more slowly.

► Spritz popcorn with a zero-calorie spray like I Can't Believe It's Not Butter and save 100 calories for every tablespoon of melted butter you skip.

► Skip two hard mints or two sticks of gum every day and save 100 calories in five days.

Dining out

► Sub salsa or pasta sauce for butter or margarine on a baked potato. Save about 100 calories

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