

## Easy ways to cut

# 200 calories



Yes, you really can eliminate unnecessary calories without going hungry or giving up your favourite foods. And by cutting 200 calories every day, you could lose a staggering 20lb over the course of a year!

### 1 SHRINK YOUR PORTIONS

To ensure you don't overeat at dinnertime, put any leftovers out of sight – don't put them on the table in front of you, as you'll be tempted to go for seconds. For instance, if you serve yourself a standard portion of homemade lasagne (the size of a shop-bought one), you'd consume about 530 calories. If you leave the dish on the table, you'll probably end up picking away, netting another helping of 265 calories.

**SAVING 265 CALORIES**

*'It's not just a question of how healthy your food choices are when it comes to weight management – there's also such a thing as a bad quantity. Portion distortion is very common. Recognising when you're full is important to successful long term weight loss.' So get in the habit of freezing leftovers or putting them in the fridge immediately, away from temptation.*

**Nutritionist Todd Donnelly.**

### 2 DILUTE YOUR DRINKS

Putting a handful of ice cubes into your glass before filling it will cut down on the amount of calories you're consuming, assuming the drink is not pure water. Also, having half and half pure orange juice and water in a 250ml glass can shave off about 60 calories – plus the reduced fruit acid will be kinder on your teeth.

**SAVING 240 CALORIES (from 4 drinks)**

### 3 TAKE YOUR TIME

Eating your meal slowly and in a relaxed state of mind will not only aid your digestion, it will also curb your desire to eat more than your body really needs. A new study conducted by the University Of Rhode Island gave volunteers a meal of pasta and tomato sauce on two occasions, which they were asked to eat first quickly and then slowly. When eating as fast as they could, the volunteers consumed 67 more calories than on the slow occasion. Over the course of three meals a day that adds up to a massive 201 extra calories, so take note!

**SAVING 201 CALORIES**

### 4 SWITCH OFF THE BOX

A study conducted by the US Department Of Agriculture showed that adults who watched more than two hours of television a day were more overweight than those who watched less than an hour a day, consuming an average of 154 calories more. It's not surprising, though – plenty of research shows that people eat more when they watch TV. When you're not concentrating on your meal, it's harder to listen to your body and to recognise when you're full. Also, when you eat food while watching television, you don't digest your food as well. So always eat at the table rather than have supper on the sofa.

Studies also reveal that those who watch less TV are more active, so switch off your box and take a brisk ten-minute walk before dinner instead to burn up an average 45 calories.

**SAVING 199 CALORIES**

## 5 MAKE SMART FOOD SWAPS

Just by making a few small changes, it's easy to cut calories – even when you're on the go and don't have the time to cook. Try these simple, ready made swaps...

### YOUR BREAKFAST

**SWAP** Pret A Manger Egg & Bacon Croissant, £1.60, 483 cals and 20.1g fat per croissant

**FOR** Pret A Manger Egg & Tomato Breakfast Baguette, £1.60, 291 cals and 10.7g fat per baguette

**SAVING 192 CALORIES**

### YOUR MID-MORNING SNACK

**SWAP** Marks & Spencer 2 Choux Buns, £1.49, 305 cals and 22.8g fat per pastry

**FOR** Marks & Spencer 6 Classic Crumpets, 59p, 110 cals and 0.8g fat per crumpet

**SAVING 195 CALORIES**

### YOUR LUNCH

**SWAP** Tesco Finest Tuna Mayonnaise & Cucumber Sandwich, £1.80, 560 cals and 27.8g fat per pack

**FOR** Tesco Healthy Living Tuna & Sweetcorn Sandwich, 97p, 285 cals and 3.2g fat per pack

**SAVING 275 CALORIES**

### YOUR EVENING MEAL

**SWAP** Waitrose Moussaka, £2.29, 564 cals and 37.1g fat per 350g pack

**FOR** Waitrose Perfectly Balanced Moussaka, £2.29, 273 cals and 9.1g fat per 350g

**SAVING 291 CALORIES**

### YOUR SPECIAL TREAT

**SWAP** Sainsbury's Taste The Difference Chocolate Sponge Pudding, £2.86,

367 cals and 19.7g fat per 100g serving  
**FOR** Sainsbury's Be Good To Yourself 2 Chocolate Sponge Puddings, £1.35, 139 cals and 2.5g fat per 105g pudding

**SAVING 228 CALORIES**