

100 fewer calories a day adds up to healthier weight

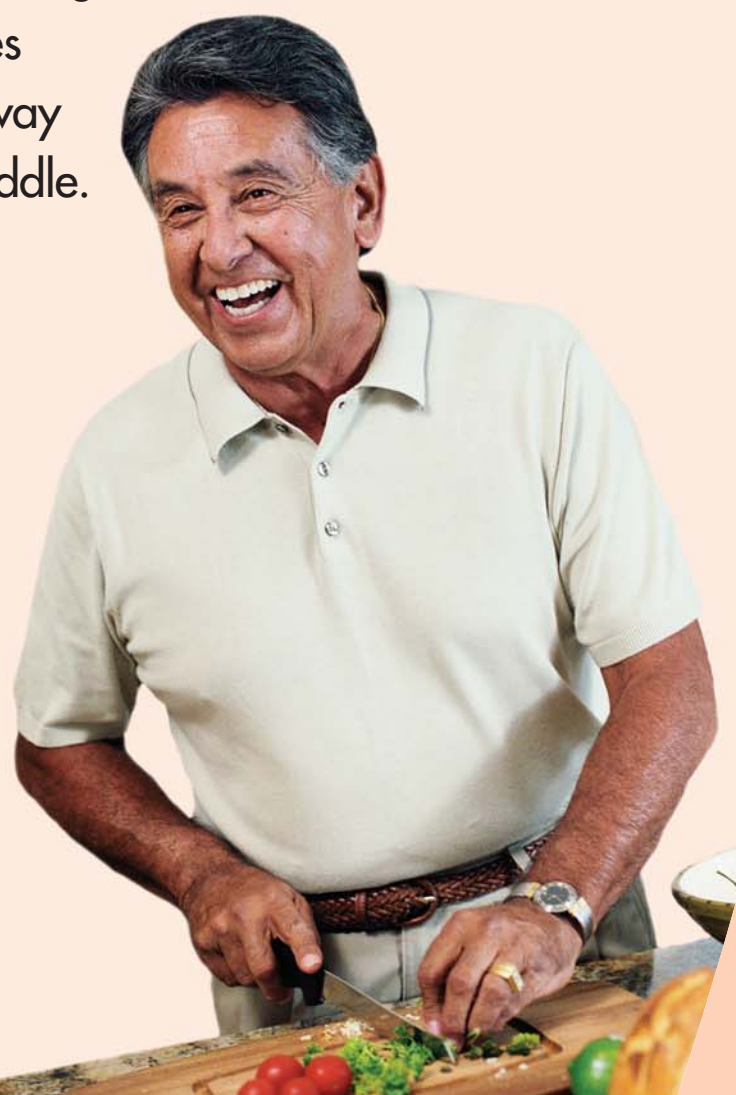


Can you spare a hundred?

Calories can be sneaky, and many of us don't know their hiding places—except for when they show up on our waistlines. Try these painless ideas to slash hidden calories each day:

- Follow low-fat directions on the box when baking desserts
- Try a low-calorie frozen yogurt or sherbet
- Eat just one granola bar from the package rather than both
- Have one less handful of mixed nuts
- Drink bottled water or sugar-free, flavored sparkling water instead of soda
- Skim the fat from soups, stews and sauces
- Reduce the oil in your recipes by one tablespoon
- Leave three or four bites on your plate
- Eat slowly to decrease your urge to get seconds

While extra calories put on weight over time, regularly taking away just 100 calories a day can go a long way to help whittle your middle.



**BlueCross BlueShield
of Illinois**

Source: www.americanonthemove.org

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