

# Simple changes can trim calories, fat from diet

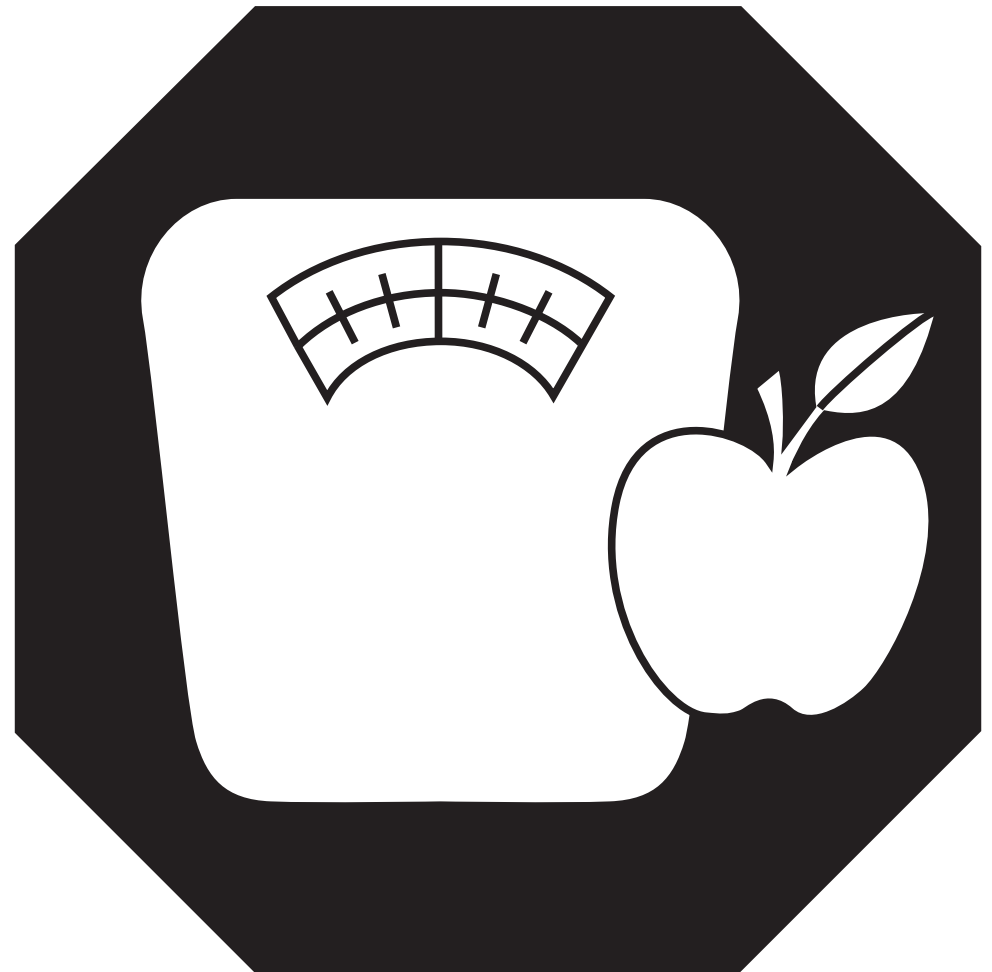
Dieting doesn't have to mean giving up everything that you love. A few simple changes here and there can trim a few calories from your daily intake -- and that can mean faster weight loss.

Following one or more of these suggestions in the food and beverage choices made at home, work, school, or on the go can help cut about 100 calories each day. While 100 calories may not seem like a big thing, over the course of one year you will have saved yourself 36,500 calories in total.

Instead of:

- potato chips
- 12-ounce regular soda
- 6 oz. fruit-on-the-bottom yogurt
- a bagel

- butter and margarine on pans
  - white bread
  - traditional pizza
  - whole milk
  - super-sized meat portions
  - layer cake
- Try:
- baked potato chips
  - 12-ounce water
  - light yogurt with no-calorie sweetener
  - 2 pieces whole-grain toast
  - non-stick cooking spray
  - light, whole-wheat bread
  - halve the cheese and add veggies
  - nonfat or 1 percent milk
  - 3-ounce portions (deck of cards size)
  - angel food cake



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Left to right, front row: Hope Deal, Dana Tallent, Stacy Field  
back row: Sylvia Wright, Brenda Sanders, Amy Dicks, Cindy McMullen, Pam Eagleburger

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