**Small Changes…Big Results**

Did you know it takes an excess of 3500 calories to gain a pound? The bad news is that just 100 extra calories a day can lead to a 10 pound weight gain in a year. The good news is that eating just 100 calories less a day can lead to a 10 pound weight loss in a year. Make some small changes to see big results. These simple dietary changes are equal to about 100 calories.

Instead of drinking 2 cups of whole milk a day, switch to 1% milk.

If you drink 20 ounces of regular soda a day cut back to 12 ounces.

Switch from 2 tablespoons of regular mayonnaise to 2 tablespoons of low-fat mayo.

Two tablespoons of butter or margarine on your baked potato will add 200 calories. You can cut back to 1 tablespoon to cut 100 calories or you can have 1/4 cup of sour cream for 100 calories. If you use a light or fat-free sour cream you will save even more calories.

You can also cut back on calories by being aware of portion sizes and the amount of calories for a serving. Reading labels will help you do this.

**Corn and Green Chili Salad**

2 cups frozen corn, thawed  
1 (10 ounce) can diced tomatoes with green chilies, drained  
1/2 tablespoon vegetable oil  
1 tablespoon lime juice  
1/3 cup sliced green onions  
2 tablespoons fresh cilantro, chopped

1. Combine all ingredients in a medium bowl.  
2. Mix well and serve.

Makes four 3/4 cup servings.

Per serving:  
Calories: 94  
Carbohydrates: 19g  
Dietary fiber: 3g  
Protein: 3g  
Total fat: 2g  
Sodium: 94g

Contains no trans fat, saturated fat or cholesterol.

Source: Everyday Healthy Meals
**Rethink Your Drink**

Choosing healthy beverages is a simple way to improve your diet. The average American eats almost 100 pounds of sugar a year—about 1/4 pound a day! The single largest contributor of added sugar in our diets is regular soda. Soda consumption has increased almost 500 percent over the past 50 years. Drinking sugar-sweetened beverages (which include soda, sports drinks and fruit drinks among others) can cause weight gain, overweight and obesity, which can lead to heart disease and type 2 diabetes.

The chart below compares some common beverages with water.

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Regular Soda</th>
<th>Sweetened Iced Tea</th>
<th>Fruit Drink</th>
<th>Sports Drink</th>
<th>WATER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size</td>
<td>20 oz</td>
<td>23 oz</td>
<td>16 oz</td>
<td>32 oz</td>
<td>16 oz</td>
</tr>
<tr>
<td>Calories</td>
<td>250</td>
<td>288</td>
<td>210</td>
<td>224</td>
<td>0</td>
</tr>
<tr>
<td>Teaspoons of sugar</td>
<td>16</td>
<td>18</td>
<td>13</td>
<td>14</td>
<td>0</td>
</tr>
</tbody>
</table>

It's time to RETHINK YOUR DRINK. If you switch one daily soda to water without changing anything else in your diet, you could lose 15 pounds or more in a year. Take the challenge today to drink more water and other healthy beverages and limit the sugary ones.

*Lisa McCoy, MS, RD, Extension Educator, FCS-Healthy Living*

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**Polishing Pennies**

**Materials:**
- lemon juice
- old, dull pennies
- paper cups
- paper towels

**Instructions:**
- Check with a grown-up before you begin.
- Put a penny in a paper cup.
- Pour some lemon juice into the cup. Make sure the penny is completely covered.
- After about 5 minutes, take the penny out of the lemon juice, rub it off with a paper towel. What does the penny look like now? It should be much brighter.
- A new penny is partly made from bright, shiny copper. But after a while, it loses its shine.

**Why?** Because the copper mixes with the oxygen in the air and makes a coating called an oxide. When you put the penny in lemon juice, the acid in the lemon chemically removes the oxide, and you're left with a bright copper penny.

*Source: http://pbskids.org/zoom/activities/sci/polishingpennies.html*

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**100 Calorie Snacks**

- 1/2 medium apple with 2 teaspoons of peanut butter
- 10 baby carrots with 2-1/2 tablespoons of hummus
- 10 baked tortilla chips with 1/4 cup salsa
- 1 medium apple
- 1 large hard-boiled egg
- 1 medium banana
- 2-1/2 tablespoons of mixed nuts
- 1 stick of string cheese
- 3 cups of plain air-popped popcorn

*Source: Learning Zone Express*

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**Newsletter prepared by:**
Eileen Morgan and Kathy Kinsman

The Expanded Food and Nutrition Education Program (EFNEP) helps families. **Eat better, Feel better, and Cut food costs.** To find out more about EFNEP contact:

**University of Maryland Extension**
301-724-3320

Kathy Kinsman—kkinsman@umd.edu
Eileen Morgan—emorgan@umd.edu
Sara Barnard—sbarnard@umd.edu
Linda Ashburn—lashburn@umd.edu
(Coordinator)
http://www.extension.umd.edu/