HOLIDAY TIPS FOR SAVING CALORIES

Methuselah ate what he found on his plate,
And never, as people do now,
Did he note the amount of the calorie count;
He ate it because it was chow.
He wasn’t disturbed as at dinner he sat,
Devouring a roast or a pie,
To think it was lacking in granular fat
Or a couple of vitamins shy.
He cheerfully chewed each species of food,
Unmindful of troubles or fears
Lest his health might be hurt
By some fancy dessert
And he lived over nine hundred years.

Author Unknown

This delightful poem titled, “CALORIES,” will be welcomed for those intending to gorge themselves over the holiday season. How we all wish we could trade places with Methuselah for a day, or a year, and eat to our heart’s content. You can, but your waistline may quickly swell and your belt buckle will need adjusting.

Instead of adopting an all you can eat philosophy, try trimming some calories from your daily intake so you can afford to indulge at those holiday celebrations. Here are 10 simple ideas you can adopt today that will save you mountains of calories.
Switch from whole milk (150 calories) to 1% milk (90 calories)
Sweeten your coffee with artificial sweetener (0 calories) instead of sugar (30 calories for 2 teaspoons)
Drop the soda (150 calories for 12 oz.) and drink seltzer water or club soda (0 calories)
Spread light margarine (50 calories) on your toast verses regular margarine or butter (100 calories per tablespoon.)
Select low sugar jam (25 calories) instead of regular jam (55 calories for 1 tablespoon)
Drizzle low sugar syrup (50 calories) on your pancakes, regular syrup has (106 calories for 1 ounce)
Use light mayonnaise (50 calories) on your sandwich instead of regular (100 calories per tablespoon)
Choose low-fat salad dressing (60 calories) over regular dressing (120 calories per tablespoon)
Opt for grilled skinless chicken breast (141 calories) instead of fried skinless breast (241 calories)
For dessert enjoy biscotti (145 calories) versus frosted cake (147 calories for a slice)

Should you find that these substitutions are easy to follow, then make it a continued habit? Cutting out just 50 calories a day will mean a 5 pound weight loss in a year. Make it 100 calories and you can be ten pounds lighter! Now that’s a healthy habit worth celebrating. Happy Holidays!

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