



Cut your calories

The best way to lose weight and keep it off is to modify your eating habits. Reducing your calorie intake is one way to do so.

In order to lose one pound of body fat, you must create a 3,500 calorie deficit. Trimming 100 calories a day from your current diet can save you 36,500 calories over the course of one year. That equals a loss of 10.4 pounds of fat!



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Cutting calories is easier than you think!

These tips can help you.

Don't drink your calories. Over the course of the day, you can easily cut calories if you skip or reduce your soda, juice and alcohol intake. Choose water instead; it's calorie-free!

Change your coffee habit. A 16-ounce latte (made with whole milk) can add up to 260 calories. Switch to nonfat milk and you drop the calories to 160. Take it a step further by switching to milk and sugar-free coffee and your daily dose of caffeine will only cost you 10 calories.

Don't garnish with cheese. It's high in fat and calories, and just one ounce can add 100-115 calories.

Remove the skin from your chicken breast before cooking. It will save you 100 calories.

Skip the mayo. 1 Tbsp. of regular mayo has 100 calories; "light" mayo has a lower fat content with only 50 calories. Better yet, choose mustard for your sandwich spread—it only contains 10 calories.

Avoid full-fat ice cream. They can contain as much as 2 or 3 times the calories as the reduced-fat versions.

Make healthier "grab and go" choices. For example, trade the high-calorie pastry with low nutrient value for a yogurt and an apple. You'll have a quick breakfast rich in fiber and calcium.

Skip the salty snacks or sweet treats and go for fruit to round out packed lunches.

Forgo the butter. Steam vegetables and top with lemon juice and herbs.

Re-think your meat. Make sandwiches with half the meat and double the veggies. Top your pizza with vegetables rather than meat toppings.



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