

## **LOSE FIVE POUNDS BY MEMORIAL DAY**

**Registered dietician and *Early Show* nutrition contributor Keri Glassman, who's also a contributing editor to *Women's Health* magazine, showed how you can -- by making small changes to your diet each day.**

**Just cut 100 calories, four times a day, and lose those five pounds by the unofficial start of summer. Keri showed some tricks to painlessly subtract those 100 calories from each meal, including snack/cocktail time and dessert:**

### **AT BREAKFAST:**

EAT YOUR GRANOLA OUT OF A 4 OUNCE MUG INSTEAD OF AN 8 OUNCE BOWL.

One study showed that people using larger bowls served themselves 30% more food than participants using a smaller bowl.

SPLIT A BAGEL WITH A CO-WORKER OR BETTER YET GO FOR 2 SLICES OF WHEAT BREAD.

A bagel alone without the added cream cheese or butter can be up to 600 calories! An average bagel about 300. If you eat 2 slices of whole wheat bread for 200 calories you easily save 100 cal!

### **AT LUNCH:**

USE UP TO 10 PUMPS OF RANCH DRESSING SPRAY INSTEAD OF POURING 2 TABLESPOONS FROM A BOTTLE.

Spray dressings are a favorite of mine. You can "wet" the whole salad without drenching. Kitchen gadgets in general should be used to your advantage. You can buy a spray bottle and make your own dressing or simply add oil and use instead of butter on a pan or spraying a baked potato.

HAVE MUSTARD ON YOUR SANDWICH INSTEAD OF MAYO.

You have probably heard this one before but it is truly a no brainer! 2 tablespoons of mayo equal approximately 200 calories. One teaspoon of mustard is about 3 calories!

### **AT SNACK BREAK:**

POP YOUR OWN 100 CALORIE BAG OF POPCORN RATHER THAN BUYING A PRE-POPPED BAG.

Portioned servings is key to maintaining control of calories. If you eat out of a bag or box that is not pre-portioned you are pretty much guaranteed to overeat. If you don't have proportioned snacks portion it out on your own in a little Ziploc bag or bowl.

HAVE ½ CUP OF FRESH GRAPES INSTEAD OF THAT LITTLE BOX OR RAISINS.

Dried fruit may have fiber and nutrients found in fruit however it is much higher in calories and often also has added sugar, thus even more calories. Plus the water found in fresh fruit helps to fill you up too.

### **OUT TO DINNER:**

DIP YOUR BREAD IN VINEGAR INSTEAD OF OLIVE OIL.

If you are going to indulge in the bread, you can still enjoy the dip process and flavor by using vinegar. And, flavored vinegars are very popular these days and fairly easy to find. Make your own flavored vinegars by adding herbs and spices.

**GO WITH THE BAKED POTATO, NOT THE MASHED.**

You can still have that carb fix but by sticking with the baked you will save the calories from the added butter and milk that is used in the mashed. And, the skin is loaded with nutrients that will help fill you and you miss out on that when you eat the mashed.

**AT HAPPY HOUR:**

FOR AUTOMATIC PORTION CONTROL SIP WINE FROM A CHAMPAGNE FLUTE NOT AN OVERSIZE GOBLET.

You'll cut the calories by at least 100 calories and it feels more festive anyway!

**DURING DESSERT:**

PASS ON A LA MODE AND SAVOR THAT BROWNIE AU NATUREL.

STOP EATING WHEN YOU HIT THE CRUST. THE EDGES AND BOTTOMS OF BAKED GOODS ARE ESPECIALLY CALORIC BECAUSE THEY ABSORB THE BUTTER USED TO GREASE THE PAN.

Key here is if you don't indulge in dessert - don't ADD this in - this is only IF you eat dessert - you can still enjoy but do so with *some* diligence.

Let's do the math-- $400 \times 42 = 16,800$   
= 4.8 pounds by Memorial Day