

Ways To Cut Calories

By Jayne Telford

1. Trim all fat from meat and all skin from poultry before cooking.
2. Choose roasting, baking or broiling over frying. When you must fry, use non-stick pan to eliminate the need for fat.
3. Use herbs & spices in place of butter and salt for seasoning vegetables.
4. Buy water or juice-packed canned fruit in place of fruit packed in sugar syrup.
5. Choose water packed tuna rather than tuna packed in oil.
6. BE A LABEL READER! Avoid foods that list sugar or fat as one of the first ingredients as they are higher in calories.
7. When buying cheese, choose types with higher moisture content and less fat. Acceptable varieties include; Edam, skim milk, mozzarella, ricotta, quark, and cottage cheese.
8. Avoid eating while preparing foods; if hungry, have a glass of ice water!
9. Never shop for groceries while hungry; this avoids impulse buying.
10. Serve meals on smaller plates and measure servings with a measuring cup or scale to help train your eye to know exactly what an acceptable serving looks like.
11. Use lower calorie substitutes such as plain yogurt for sour cream, cottage cheese for cream cheese, and skim milk for 2% or Homo milk.
12. Serve food in kitchen and carry it to the table. Having a large serving bowl in the middle of your table may tempt you to a second serving.

I hope the foregoing points will be as helpful to you in your weight maintenance program as they have been to our family.

Jayne Telford
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