



Try These Nutrition Tips

Learn to substitute: One of the easiest ways to cut calories is to food-swap. Ditch a high fat version for its lower fat counterpart and you're on your way to mega-calorie savings. Try these smart substitutions:

Iced White Mocha (grande) = 450 calories, 20g fat	Iced Skinny Mocha (grande) = 80 calories, 0g fat
1 oz shredded cheddar cheese = 110 calories, 9g fat	2 tbl grated or shredded Parmesan cheese = 45 calories, 3g fat
4 oz whole wheat banana muffin = 430 calories, 23g fat	2 whole grain waffles = 160 calories, 2g fat
1 cup tuna (3.5 oz) = 480 calories, 42g fat	1 cup tuna (3.5 oz) = 480 calories, 42g fat
½ cup granola = 590 calories, 29 g fat	1 cup fiber cereal = 120 calories, 2g fat
4 oz turkey burger = 150 calories, 17g fat	4 oz lean turkey burger = 170 calories, 7g fat
4 oz lean turkey burger = 170 calories, 7g fat	English muffin with no-sugar-added jelly = 160 calories, 1g fat
1 slice cheese pizza = 450 calories, 13g fat	1 slice cheese-less pizza with veggies = 250 calories, 2g fat

Practice portion control: Keep these quick guidelines in mind:

<i>A serving of...</i>	<i>Is about equivalent to...</i>
Red meat	Palm of your hand (3 oz)
Chicken	Palm of your hand plus up to your knuckle (5 oz)
Fish	Your entire hand and as thick as your thumb at the knuckle (6 oz)
Pasta	Small fist
Rice/couscous	Baseball
Peanut or almond butter	Golf ball
Salad dressing	½ shot glass
Cereal	Tea cup
Fruit	Baseball
Dried fruit	2 dominoes