

100 Calories to Halt Weight Gain

Did you know that researchers think that the increase in the number of overweight Americans may be caused by an imbalance of only 100 extra calories per day? Eliminating this 100-calorie imbalance by eating a bit less and getting a bit more physical activity may help prevent weight gain for many people. There are many ways to trim and burn about 100 calories a day. Below are several ideas.

5 ways to trim 100 calories from food

1. Swap an 8-ounce regular soft drink for a diet soft drink.
2. Drink 2 cups of fat-free milk instead of 2 cups of whole milk.
3. Use 1 teaspoon of mustard or 1 tablespoon of fat-free mayonnaise in place of 1 tablespoon regular mayonnaise.
4. Split a small bag of French fries with a friend rather than eating them all yourself.
5. Slice a typical piece of apple pie about one-third smaller.

5 ways to burn 100 calories through physical activity

1. Pedal an exercise bike for 13 minutes.
2. Practice some fast dance steps for 16 minutes.
3. Work in the garden for 18 minutes.
4. Walk briskly (3.5mph) for 22 minutes.
5. Clean the house for 25 minutes.

5 food and “foot power” combos to cut 100 calories

1. Eat five fewer potato chips and walk for 6 minutes.
2. Eat one-quarter cup less of spaghetti with tomato sauce and walk for 11 minutes.
3. Top toast with 2 teaspoons of apple butter instead of 2 teaspoons of butter and walk for 11 minutes.
4. Spoon out 3 tablespoons less mashed potatoes and walk for 13 minutes.
5. Skip 2 half & half creamers in coffee and walk for 15 minutes.



The Kansas Food Assistance Program promotes good health by providing extra grocery money to people of all ages, including seniors adults.

Call 1-888-369-4777 toll free to find out if you qualify for food assistance.

(Source: Calories Count—Balancing The Energy Equation. *Food Insight*, March/April 2003, p.6. Available at <http://ifc.org/foodinsight>)

