

# 50 ways to cut 50 calories

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**W**eight loss – we all love the promise of instant results. We start our ‘diet’ on Monday morning determined that, this time, we’ll be really strict with ourselves and our reward for such self-denial will be watching the pounds just melt off. But for most of us, it’s not long before hunger, boredom and unrealistic expectations get the better of our good intentions.

When trying to lose weight it can be easy to lose sight of one of the most important facts, which is that any bit of weight loss will benefit your diabetes. You don’t need to starve yourself. Slow, steady weight loss adds up over time. If you can cut just 150 calories off your normal eating each day, assuming that your weight is currently stable, over a year that works out as the equivalent to a weight loss of over a stone. Below are 50 easy ways to cut your calories by 50 or more. Choose just three of these simple steps each day to kick start your weight loss.

## Throughout the whole day

- 1 Use low fat milk instead of full fat. For each half pint you swap save **56** calories.
- 2 A teaspoon of sugar contains 15-20 calories. Lose three teaspoons of sugar over the day and save **50-60** calories. If you miss the sweet taste, you can replace sugar with some low-calorie sweetener.
- 3 When buying bread, choose a medium-sized loaf with thin/regular cut slices as opposed to a large loaf with thick cut slices. Save **50** calories on every two slices swapped.
- 4 If you are currently using a full-fat butter or margarine, choose the low fat version instead and save up to **50** calories for every 15g/½ oz substituted (15g is roughly equivalent to two of the small portion packs you get in a restaurant).

- 5 Two small teaspoons of jam or marmalade (equivalent to one of the small portion packs you get in a restaurant) contains up to 45 calories. So for every two teaspoons of jam or marmalade you cut back, lose **45** calories.

## Breakfast time

- 6 Replace a glass of fruit juice with a portion of berries (for example, 90g/3oz fresh or frozen strawberries, raspberries, or blueberries) and save **58** calories.
- 7 If you like your cranberry juice, choose the light option and save **57** calories on a small (150ml) glass.
- 8 Volume for volume, some breakfast cereals are much higher in calories than others. Replace a medium-sized bowl of a muesli type cereal with a medium sized bowl of porridge (made on low fat milk and water) and save **50+** calories.
- 9 Are you using honey to sweeten your cereal? Two teaspoons of honey contain about 44 calories. So lose the honey, lose **44** calories.

## The occasional cooked breakfast

- 10 Poach your egg instead of frying it and save upward of **45** calories.
- 11 Choose standard back bacon rashers rather than thick cut, trim the fat and, rather than fry, grill until crispy. Save **50** calories per two rashers.
- 12 Choose a regular rather than thick sausage and grill rather than fry. Save **50+** calories per sausage.
- 13 Have a side portion of grilled tomatoes or baked beans rather than hash browns or sauté potatoes – save **70+** calories per 100g (3½oz) portion.

## Break time

- 14 Choose a diet or 0% yogurt rather than a standard, full fat one, save **50** calories.

- 15 Choose a diet or 0% yogurt rather than a thick and creamy yogurt save **100+** calories.

- 16 Instead of a latte, have a cappuccino – save **67** calories.
- 17 Instead of a latte have a cup of tea or filter coffee – save **112** calories.
- 18 Instead of scone, butter and jam, eat a biscuit and save **80+** calories.
- 19 Even better, have a piece of fruit and save up to **150** calories.
- 20 Have a packet of (unbuttered) popcorn instead of crisps and save **180+** calories.

## Lunch time

- 21 Have your sandwich in a small, rather than standard, wholemeal pitta pocket and save **50** calories.
- 22 Enjoy a sub for your lunch? Replace a large roll with a medium and save over **50** calories.
- 23 Substitute a tablespoon (15g) of light mayonnaise for regular (full fat) mayonnaise and save **68** calories.
- 24 Replace full fat coleslaw and potato salad with reduced calorie versions and save up to **50** calories for each 50g (2oz) serving.
- 25 Even better, replace coleslaw and potato salad with salad vegetables such as lettuce, tomato, cucumber, beetroot and save up to **90** calories per 50g/2oz serving.
- 26 Like French dressing on your salad? Replace it with the light version and save up to **60** calories per tablespoon (15ml).
- 27 Choose baked beans instead of cheese or sour cream on your baked potatoes and save **50+** calories.
- 28 Having cheese in your salad or wrap? Choose a lower fat cheese such as feta, mozzarella or half fat cheddar or

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soft cheese instead of full fat cheese and save up to **50** calories per 30g/1oz portion.

**29** Enjoy Mexican dips? Choose salsa instead of guacamole and save **50+** calories.

**30** If you're having a fizzy drink with lunch, choose the diet version and save up to **150** calories per can.

## Dinner time: reduce portions

**31** Take one small egg-sized potato off your plate and save **50** calories.

**32** Put ½oz less dry pasta or rice on to cook and save **50** calories.

**33** Have a 4oz/120g steak instead of a 6oz/180g steak and save **70** calories.

**34** Choose smaller lamb chops at the supermarket, for every 60g/2oz reduction lose **80** calories.

**35** Grilling your meat and trimming the fat will save you up to **100** calories.

**36** When having chicken or turkey, choose the breast meat with skin removed and save **40+** calories.

**37** Bake your fish instead of frying and save **50** calories.

**38** Avoid batter and breadcrumbs on your fish and save up to **100** calories on a 120g/4oz portion.

**39** Have your potatoes boiled or baked instead of roasted, save over **50** calories on a 120g/4oz serving.

**40** Every time you stop yourself adding that dollop of butter or margarine to your potatoes and vegetables you'll be dropping anything from **50-100** calories.

**41** If you use the meat juices when making your gravy, skim off the fat beforehand and save up to **50** calories.

## Treats, takeaways and alcohol

**42** Are you having dessert? Have a small scoop of ice cream rather than a big dollop of cream and save up to **100** calories.

**43** Leave a few spoonfuls of dessert behind you on your plate and save **50+** calories.

**44** Choose the smaller size packet of crisps (25g instead of 35g) or better still choose popcorn and save **40+** calories.

**45** Having pizza? Eat one slice less than normal and save up to **100** calories.

**46** Go for a smaller portion of fries than you normally choose and save up to **120** calories.

**47** Have a chicken burger rather than a beefburger and save up to **120** calories.

**48** Choose diet or slimline mixers instead of regular and save up to **50** calories per drink.

**49** Make a spritzer by replacing half your glass of white wine with soda water, save **70** calories over two glasses.

**50** Substitute a short and slimline mixer for a pint of lager and save **85** calories.

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ern Area)**