

Hidden Calories

Reduced Fat Foods

Just because the fat is reduced does not mean the calories are.
Keep the portion sizes reasonable.

Condiments

A tablespoon of mayonnaise adds 100 calories to your sandwich.
A tablespoon of salad dressing adds 100 calories to your salad.
Try ketchup, salsa or mustard.
Sugar in your coffee or honey in your tea will add 65 calories per tablespoon.
Try skim milk, sugar substitute.

Alcohol

Cocktails can be greater than 180 calories per drink.
A 12-ounce beer is 150 calories.
An 8-ounce glass of wine is 170 calories.
Wine coolers have over 200 calories per bottle.
Try light beer (100 calories).
Make your own wine spritzer by adding club soda to a half a glass of wine.

Soda

A 12-ounce soda has 150-200 calories.
A large soda (48-ounces) at a fast food restaurant has about 480 calories.
Try water as your main beverage.
Try club soda or mineral water.

Nuts

A handful of nuts has 150-200 calories.
1 oz. of sunflower seeds on a salad adds 170 calories.
Try air-popped popcorn or pretzels.

Yogurt

Many types of yogurts are low in fat but high in sugars and calories.
Look for fat free yogurts and have a small serving.

Muffins and Bagels

Due to the large size, one large muffin can have 300-500 calories.
A plain bagel can have more than 400 calories; add cream cheese and look out!
Choose an English muffin or whole-grain bread.

Fruit Juice

An 8-ounce glass of orange juice has about 100 calories.
Keep juice to 6 oz.
Eat the fruit rather than drink the juice.

Popcorn

Microwave popcorn can have more than 500 calories per bag.
Buy snack-size bags or share the popcorn with a friend.
Try air-popped popcorn.

