

Cutting Calories: Where to do it, and how to do it right!

Reducing calories and/or increasing exercise (energy expenditure) by 250-500 calories a day will result in a healthy 1-2 lb weight loss per week.

This is a rate at which all of the weight lost is fat weight (not water or muscle) and, if maintained, you will continue to lose weight until you reach a healthy weight for your body, and result in permanent and long term weight loss.

In addition to feeling healthier and fitter, you will have more energy throughout the day and sleep better! Long term, this reduction in weight will reduce your risk of chronic health conditions such as heart disease and diabetes.

What are some common mistakes people who are trying to cut calories make?

- Skipping meals! Eating small meals and snacks every 2-4 hours throughout the day is the best way to control blood sugar levels, boost metabolism, and help you to lose weight. Skipping meals will slow your metabolism and make it harder for you to lose weight.
- Eating a light meal (e.g. a salad for lunch); although low in calories, this meal is also low in fibre, and protein - two things you want to make sure you have at all meals. Aim for 5-10g fibre and 10-20 g protein at each meal.
- Not planning ahead. If you don't plan your meals, it's more likely that you will eat out, eat the wrong thing, or skip a meal all together.
- Not drinking enough fluids throughout the day. On a 2000-calorie diet, you need 2000 ml (total) fluids each day.

How many calories (based on 2,000/day) should we consume at each meal?

Breakfast: 300-400 calories

Lunch: 400-500 calories

Dinner: 500-600 calories

2 Snacks: 100-300 calories

10 Simple Ways to Save Calories:

1. Eat 100g fresh strawberries instead of 1 medium banana and *save 80 calories*
2. Drink 500 mL water instead of 500mL fruit juice and *save 220 calories*
3. Use 2 tbsp hummus on your sandwich instead of 2 tbsp peanut butter and *save 140 calories*
4. Eat a small tin of flavored tuna on 2 cups lettuce salad instead of 2 slices of bread and *save 184 calories*
5. Eat 30 g avocado on a sandwich, instead of 30g regular cheddar cheese and *save 70 calories*
6. Eat a turkey or chicken patty instead of a beef burger and *save 150-200 calories*
7. Eat sushi instead of fast food and *save 400-800 calories*
8. Replace one (4oz) red meat meal with one meatless meal (beans, eggs, or tofu) and *save 130 to 205 calories*
9. Reduce your pasta portion by 1/3 (1 cup versus 1.5 cups) and *save 110 calories*
10. Eat rice chips instead of potato chips and *save 100-125 calories*

