

hate to diet?

33 tricks to help you lose weight fast

By Shara Aaron, M.S., R.D.

Slimming down doesn't have to mean a complete overhaul of everything you do and eat. Sometimes the simplest tweak can lead to significant weight loss over the course of a year—and a lifetime. It can be as easy as changing your breakfast bagel or your midday snack. Here are 33 no-brainer strategies for taking off 5 pounds, 10 pounds—who knows how many? You decide which ones you want to modify. But whatever you do, you'll lose weight without having to diet. Talk about having your cake—or ice cream—and eating it too.

1. Have an English muffin rather than a bagel. Dense and doughy, bagels can pack in as many as 400 calories each; English muffins offer the same satisfaction for only 135 calories. If you make the swap three times a week, you can lose over 11 pounds in one year.

2. Eat an orange, skip the juice. While both are nutrient powerhouses, offering high doses of vitamin C, potassium and folate, O.J. has 110 calories per 8-ounce glass while an orange has

only 60 calories and offers some bonus fill-you-up fiber. Do every day and you can take off 5 pounds a year.

3. Substitute a 120-calorie blueberry cereal bar for a 380-calorie blueberry muffin. Muffins may seem airy, but they're loaded with sugar and fat. Make the change three times a week and you'll be 8 pounds slimmer at the end of a year.

4. Use 2% milk (15 calories per tablespoon) instead of half-and-half (24 calories per tablespoon) in your morning coffee or tea, suggests Cynthia Sass, M.D., R.D., author of *Your Diet Is Driving Me Crazy* (Marlowe & Company). You won't be sacrificing much in creaminess, but you will be saving 20 calories each time you have a cup. It may not sound like much, but if it's a daily habit, you'll effortlessly take off 2 pounds by this time next year.

5. The condiments that you put on your sandwiches can make a world of difference in the weight department. Mustard and salsa are great low-calorie, flavor-packed choices. Choose mustard (15 calories per tablespoon) over mayo (100 calories per tablespoon) for your sandwiches, and load up tacos, burritos or even baked potatoes with salsa (5 calories per tablespoon) instead of sour cream (50 calories per tablespoon). Not only will your meals be more flavorful, but 2 to 3 times per week for a year adds up to a 2- to 5-pound loss.

6. Trade in half your sandwich for a bowl of soup. A study at Penn State University found that when a non-dairy-based soup was eaten as a first course, an average of 100 fewer calories were consumed in the total meal. "Broth-based or vegetable



The responsible adult in you will want to read the bag.



Diet

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week for a year and you'll be more than 3 pounds lighter.

10. The calories you drink can really add up—especially if you're having something alcoholic. Dawn Jackson Blatner, R.D., spokesperson for the American Dietetic Association, suggests "switching to club soda instead of tonic, and diet soda instead of regular in your mixed drinks to save an easy 100 calories per drink." If you go out one night a week and have two "lighter" versions, you can take off 3 pounds in a year.

11. Have a veggie burger (90 calories) instead of your usual ground beef hamburger (210 calories). You may think this is too great a sacrifice,

but veggie burgers now come in a variety of flavors. And when you pile on all the fixings, the only difference you'll notice is in your waistline. The calorie savings for substituting just once a week for a year will help you lose over 2 pounds.

12. A typical plate of pasta can add up to over 600 calories. Dr. Sass suggests cutting your normal serving in half and replacing it with veggies such as zucchini, mushrooms, peppers and onions. If you regularly eat pasta twice a week, you'll be more than 6½ pounds lighter by year's end.

13. Drenching bread or sautéing meats or vegetables in gobs of olive oil—which has heart-healthy fats but is still calorically dense at 120 calories per table-

spoon—can really increase the number of calories in a dish. To keep the count under control, use olive oil spray when cooking rather than pouring oil in the pan. If you want to have olive oil on your roll, drizzle a flavor-infused kind on the bread rather than dipping it. Make these changes a few times a week and save 240 to 300 calories, which adds up to 3½ to 4 pounds less of you over the course of a year.

14. There's no greater challenge than trying to stop at the recommended half-cup serving of ice cream. So it's no surprise that most people end up eating at least twice that amount (at 290 calories per cup). After all, the bowl can look so empty when there's a mere half cup in it. To avoid overdoing it, buy pre-made cones (220 calories), single-serve ice-cream sandwiches (180 calories) or chocolate fudge pops (100 calories). If you indulge three times per week, you'll take off anywhere from 3 to 8 pounds after a year. **FC**



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No pain, big loss

Cutting calories here and there is just one effortless way to take off weight. Adding small amounts of activity to your day can also lead to significant weight changes over time. Here are some ideas for working off the pounds without breaking a sweat. (Calorie estimates are based on a 145-pound woman.)

- 1 Walking your dog daily for 15 minutes total (50 calories) instead of letting him out in the backyard results in a yearly 5-pound loss.
- 2 Be a neat freak and clean your house just one extra hour a week (230 calories) to lose 3 pounds in a year.
- 3 Pacing while talking on the phone for 30 minutes a day (120 calories) can leave you 6 pounds lighter at the end of a year.
- 4 Add 10 extra trips up and down your stairs each day (420 calories per week) for a yearly 6-pound burn.
- 5 At work, take a 10-minute walk (go outside or try the stairs) every two hours (450 calories). It gives you a creative boost and in a year can add up to a 6-pound loss.



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The chocolate lover in you will have already torn it to shreds.



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