

## 22 easy ways to cut calories

To stop weight gain, most Americans need to do just two simple things: Eat 100 fewer calories daily and add 2000 more steps each day. Here are some easy ways to cut those calories.

### At breakfast:

1. Select nonfat or 1% milk instead of whole milk.
2. Use a small glass for your juice and a small bowl for your cereal.
3. Savor a bowl of bananas, berries, low-fat milk, and sugar substitute instead of a sweet roll.
4. Choose light yogurt, plain with your own fresh fruit added, or made with no-calorie sweetener.
5. Split a bagel with someone, or wrap up the other half for tomorrow's breakfast.
6. Substitute a no-calorie sweetener for sugar in your coffee, tea, and cereal.
7. Use a nonstick skillet and cooking spray in place of butter or margarine to prepare your eggs.
8. Spread your muffin, bagel, or toast with 2 tablespoons of fat-free cream cheese in place of regular cream cheese.

### At lunch or dinner:

9. Customize spaghetti sauce with fresh zucchini,

green peppers, mushrooms, and onions instead of adding meat.

10. Put lettuce, tomato, onions, and pickles on your burger or sandwich instead of cheese.
11. Prepare tuna or chicken salad with low-fat or fat-free mayonnaise.
12. Grill your sandwich dry or use nonstick cooking spray, instead of butter.
13. Stuff a pita pocket with more fresh vegetables, less meat and cheese.
14. Pick water-packed tuna instead of oil-packed.
15. Select a portion-controlled frozen entrée in place of a burger and fries.
16. Trade regular butter for light, whipped or low-calorie butter substitute.
17. Make a pizza with half the cheese.
18. Select soft taco size (6-8 inch) flour tortillas instead of the larger burrito size.
19. Substitute fat-free sour cream in recipes.
20. Choose 1% cottage cheese in place of regular.
21. Skim the fat off soups, stews, and sauces before serving.
22. Leave 3-4 bites on your plate

-- From [prevention.com](http://prevention.com) and [americaonthemove.org](http://americaonthemove.org)

## Recipe of the Week : Cranberry Salmon

serves 4

adapted from American Institute for Cancer

non-stick vegetable oil spray  
 2 Tablespoons olive oil, divided  
 1 Tablespoon Dijon mustard  
 4 boneless salmon fillets, 5 oz. each  
 salt and freshly ground black pepper  
 ¼ cup dried cranberries  
 2 Tablespoons chopped shallots or onion  
 1 Tablespoon red wine vinegar  
 2 Tablespoons water

1. Preheat oven to 450 degrees. Cover a baking sheet with foil; lightly spray. Place fish on foil skin side down. Salt and pepper lightly.

2. Whisk together 1 Tbsp. olive oil and mustard. Brush on fish.
3. Roast fish till cooked through, about 15 min.
4. Whisk cranberries, shallots, vinegar and water with 1 Tablespoon oil, salt and pepper in small saucepan. Bring to a boil, then reduce heat to low. Simmer for 10 minutes, till cranberries and shallots are soft. Remove from heat and cover, till fish is cooked.
5. Serve fish with sauce spooned over it.

### Nutrition Facts:

Calories: 351      Total fat: 17g      Saturated fat: 2g  
 Carbohydrate: 15g      Fiber: 1g      Protein: 33g

**Tip of the Week:** The days are getting shorter! Be safe when you exercise outdoors in early morning or evening hours. Wear reflective clothing. Prevent mosquito bites: Try to avoid being out from dusk to dawn. Wear long sleeves and long pants. Use an insect repellent with DEET at concentrations below 10-15% for children and below 30-35% for adults. Cream, lotion or stick formulas are best; avoid products with high amounts of alcohol. It isn't necessary to reapply the repellent. Once inside, wash off repellents thoroughly with soap and water.

— from the Massachusetts Department of Public Health