



# Easy Ways to Cut or Burn 100 Calories during the Holidays

## Did You Know?

In order to lose 1 pound, you must either cut 3500 calories from your diet over time, or burn an additional 3500 calories—or some combination of the two.

If your goal is to lose weight, it is often easier to cut 100 calories than to burn an additional 100 calories since burning excess calories takes more time.

Weight management can be challenging during the winter holiday season, but making small changes to the types and amounts of food you eat can have a big impact. Try cutting or burning an additional 100 to 200 calories a day to help avoid unwanted weight gain during this calorie dense season.

## 10 Ways to Cut 100 Calories

1. Choose nonfat or 1% milk instead of 2% or whole milk.
2. Choose low-fat or low-sugar varieties of holiday foods.
3. Stay hydrated, so you don't mistake thirst for hunger.
4. Trim the fat from beef, pork, and chicken before cooking.
5. Enjoy a salad, but skip the croutons.
6. Use cooking spray or water instead of butter or oil when cooking on the stovetop.
7. Try fruit for dessert instead of ice cream or baked goodies.
8. Choose sparkling water in your cocktails instead of soda.
9. Eat slowly and stop eating at the first sign of fullness.
10. Leave a few bites of food left on your plate.

## 10 Ways to Burn 100 Calories\*

1. Shovel snow for 15 minutes.
2. Walk at a brisk pace for 20 minutes.
3. Chop wood for 15 minutes.
4. Ski or snowboard for 10 minutes.
5. Sled and walk up hill for 15 minutes.
6. Snowshoe for 10 minutes.
7. Yoga for 20 minutes.
8. Play basketball for 10 minutes.
9. Ice skate for 15 minutes.
10. Dance for 20 minutes.

\*Based on a 150-pound person

Be mindful of the calories that you are consuming in both foods and beverages throughout the day, and make adjustments that work best with your lifestyle. Remember, also, to be patient with yourself and that all foods can be enjoyed in moderation during the holiday season!

