

9 Simple Ways that May Help Take Off Pounds

Little changes really do add up. Small steps are the key to changing your eating habits according to Marissa Lippert, R.D., and author of *The Cheater's Diet*. "If you do something that is extreme, it's tough to feel motivated to keep doing it." Studies show that those who make small diet changes lose more weight and are more likely to keep it off than those on traditional diets. Instead, focus on 3 to 5 specific goals; this allows you to hone and solidify them to ensure lasting habit change. How much weight can you safely lose in a month by changing only your diet? Here are some simple tweaks your diet needs for slow, steady and lasting weight loss:

Change	Calories per month	Weight lost per month
Cut out your daily soda habit	4200	one pound
One 12-oz. can of soda has 140 calories and 39 (15 tsp) of sugar		
Replace a glass of OJ with an orange	1440	½ pound
Swapping the juice for whole fruit saves you 48 calories per day		
Skip the weekly ice cream binge	4800	one pound
a pint of Ben & Jerry's Chunky Monkey is 1200 calories		
Skip the whipped cream on a Starbuck's beverage	3300	one pound
A Starbuck's Grande Mocha Frappuccino is 280 calories, add the whipped cream and it shoots up to 390 calories		
Cut back from 2 glasses of wine to one	3660	one pound
Go meatless for dinner one day a week	1692	½ pound
Swapping steak and potatoes for a Grilled vegetable sandwich saves 423 calories		
Skip the bread basket. Even just indulging once a	1680	½ pound
Week when you're out to dinner can add up (3 breadsticks = 420 calories)		
Downsize the salad dressing		
Yes to a daily salad, just trim the olive oil from 2 tbs. To 1 tbs. and cut 120 calories per day	3600	one pound
If you don't get everything on your burrito	4920	1 ½ pounds
Adding sour cream, cheese and guacamole Adds an extra 1230 calories per burrito (at one burrito a week)		

Losing **one pound** of body fat is equivalent to 3,500 calories. To lose **two pounds** per week, you must drop 1,000 calories per day

Are there small daily and weekly changes you can make in your eating habits? Try to be more aware of how you eat, what you eat and how MUCH you eat because little changes really do add up!

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