Lighter Lunch Swaps

TO CUT CALORIES

Combine proper nutrition and exercise to "save" yourself 3,500 calories per week. Healthy diet changes and proper exercise allow you to safely, slowly and effectively lose weight. Lighten your lunch calories with these simple swaps.

You don't have to take your sandwich dry in order to watch your waistline. Switch from mayo to mustard for a sandwich 90 calories lighter.

90 Calories Saved

Mustard

Instead of completely tossing that familiar ranch dressing bottle from your fridge, try one with a different label. A brand's yogurt-based ranch dressing often contains less than half the calories of the original.

80 Calories Saved

Yogurt Ranch

If you choose to soup and salad for lunch, you're already moving in the right direction. Keep on going. Broth-based soups often contain half the calories as dairy and cream-based soups of the same size.
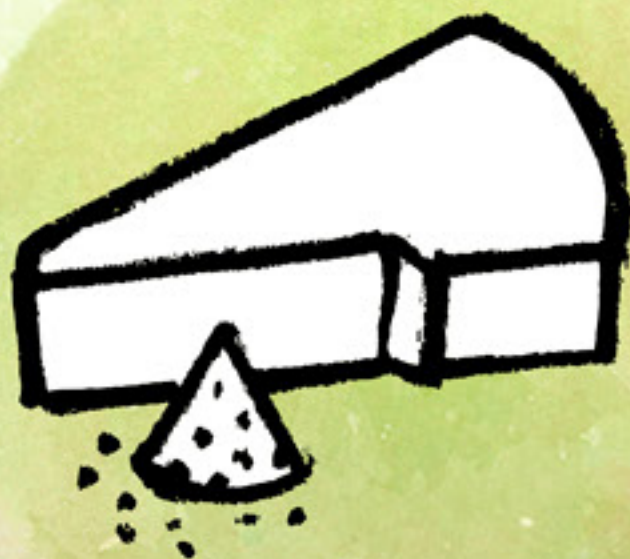
110 Calories Saved

Broth Soup

We know we're not the first to say it, but we do mean it. Choosing a side salad over fries helps to drastically remove wasted calories from your diet and replaces starches with vitamins and minerals.

290 Calories Saved

Side Salad

Skipping cheese all together is your best option. When you just need it at lunch, choose a dry cheese over the processed or soft varieties.

70 Calories Saved

Hard Cheese

Use an 8" tortilla or wrap instead of bread for your sandwich. This cuts a few calories and makes it easier to take your lunch with you on-the-go.

30 Calories Saved

Wraps

Fried foods are best saved for special occasions like the family trip to the fair. Choose a restaurant's grilled chicken sandwich over its fried version. This saves you over 200 calories.

190 Calories Saved

Grilled Chicken

Often overlooked, simply choosing tuna canned in water over tuna canned in oil saves you 50 calories.

50 Calories Saved

Tuna in Water

Visit Marshfield Clinic's blog for more wellness tips, nutritionist-approved recipes and healthy-living advice.