

Dinnertime Trades

TO CUT CALORIES

Eating just 500 calories less per day can result in 1 pound of weight loss per week. Fill your plate with appropriately-sized servings rich in fiber, whole grains and protein to healthfully lose weight and feel full at the same time. Try these dinnertime trades to cut calories.



We often associate yogurt with the sweet taste buds on our tongues, but unsweetened yogurt has a similar taste and texture to sour cream and contains less than a third of the calories.

45 Calories Saved

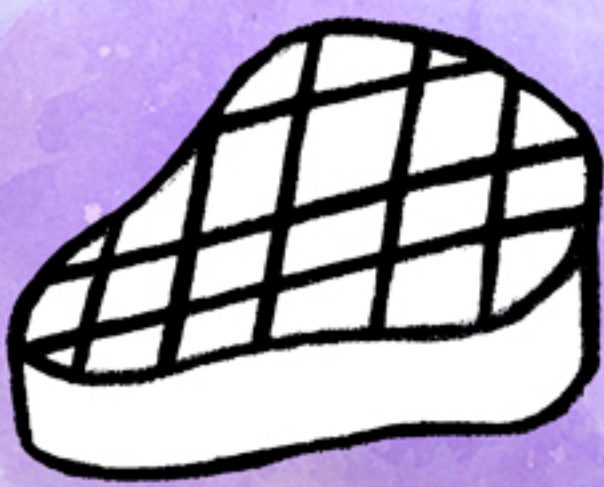
Plain Yogurt

With nearly identical appearance and consistency, mashed cauliflower contains about 100 less calories than mashed potatoes.

100 Calories Saved



Mashed Cauliflower



Even the cut of your steak impacts your daily caloric intake. Opt for sirloin over rib eye to remove nearly 150 calories from your dinner.

130 Calories Saved

Sirloin

As far as easy calorie replacements go, this may move toward the edge, but it sure does pay off. A cup of spaghetti squash has almost 200 less calories than spaghetti pasta.

180 Calories Saved



Spaghetti Squash



Flavor in many recipes with ground beef comes from seasonings that surround it. Try ground turkey next time to save almost 175 calories without sacrificing flavor.

160 Calories Saved

Ground Turkey Breast

Few things beat a grilled hamburger during summer, but you don't have to eat like it's summer all year long. Choose a turkey burger to save almost 100 calories. Choose a mushroom-based veggie burger to double calorie savings.



200 Calories Saved

Mushroom Burger



You can keep your tacos and tamales. Ask for a double portion of black beans on the side instead of beans and rice, and you'll also be asking for 100 calories less.

105 Calories Saved

Black Beans

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

Shine 365

Marshfield Clinic

Warning: On average, women trying to lose weight should eat 1,200 to 1,500 calories per day. Men trying to lose weight should eat 1,500 to 1,800 calories per day. Numbers may vary depending on activity level and calories burned. Talk to your primary care provider before beginning a low-calorie diet.