20 ways To lose 20

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Cinnamon Oat Cookies

To lose one pound of weight you need to cut back 3,500 calories from food, or increase your activity level to burn an additional 3,500 calories. However, most people do not realize that cutting back just 200 calories a day will result in a weight loss of approximately 20 pounds a year.

TIPS

Decrease feeling deprived while cutting calories by using less fat and sugar, and increasing volume in the diet by adding fiber from vegetables and whole grains. Pay attention to methods of cooking. Opt for low fat or fat-free cooking methods: steam, grill, bake or broil, with no fat or with minimal fat.

20 WAYS TO SAVE 200

1 Try whole grains such as whole wheat or oat bran for added fiber. Choose an English muffin instead of a big (106 gram) bagel to save 200 calories a day.

2 Change from whole milk dairy products to low fat dairy products. Four ounces of fat-free mozzarella instead of whole milk mozzarella will save nearly 200 calories.

3 Change from three cups of whole milk to three cups of skim milk a day to save 210 calories.

4 Substitute egg whites or liquid egg substitute for some or all of the eggs in scrambled eggs or an omelet. Replacing three whole eggs with liquid egg substitute will save 189 calories.

5 Substitute low fat turkey sausage or vegetarian sausage for high fat sausage. One four-ounce serving of gourmet breakfast sausage can contain 321 calories while two links of veggie sausage are 80 calories, saving 241 calories.

6 In your latte, substitute nonfat or low fat milk and use a sugar substitute. Switch from a 20-ounce café mocha latte made with whole milk and whipped cream (about 450 calories) to a 12-ounce café mocha latte with nonfat milk without whipped cream (about 232 calories) and save 218 calories a day.

7 Instead of adding 1/4 cup of maple syrup to French toast in the morning (210 calories), try 1/4 cup berries (20 calories) and a dash of cinnamon.

8 Drink herb tea, water with lemon or lime juice, or diluted juice instead of sweet teas, sodas, or other fruit juices. Try 1/2 cup of juice in 2 cups of water at 30 calories and save 210 calories over 16 ounces of pure juice at 240 calories.

9 Sixteen ounces of diet soda instead of regular cola will save 200 calories.

10 Stay with lean meats such as whith meat chicken and turkey without the skin instead of beef. Cut portions sizes to three ounces, and request sauces and condiments on the side.

11 Choose four ounces of canned tuna in water with nonfat yogurt or nonfat mayonnaise instead of four ounces of tuna canned in oil with one tablespoon regular mayonnaise and save 172 calories.

12 Order half a sandwich with a side salad instead of a whole sandwich. Hold any high fat meats, cheeses and condiments. Use three ounces of fat-free turkey breast instead of regular beef bologna abd save 189 calories.

13 Substitute three tablespoons of fat free italian dressing or salsa instead of high-fat blue cheese dressing and save 210 calories.

14 Substitute low fat soups such as minestrone for high-fat soups such as cream of broccoli soup. Two cups of minestrone instead of two cups of cream of broccoli will save 180 calories.

15 Cutting back on two tablespoons of olive oil a day by using an olive oil cooking spray will save 238 calories.

16 Try replacing oil with an equal amount of applesauce in baking recipes.

17 Try low fat frozen yogurt, sorbet, fruit or sherbet instead of ice cream. Enjoy one cup of strawberries and two tablespoons of whipped cream instead of one cup of vanilla ice cream, saving 200 calories.

18 Instead of blueberry scone (450 calories) try two biscotti (200 calories) saving more than 200 calories.

19 Omit the cheese Skipping two slices of cheese saves 200 calories.

20 Instead of 1/2 cup granola (300 calories) substitute one cup whole grain flake cereal (100 calories) saving 200 calories.

Cinnamon Oat Cookies

2 cups of oat flour (grind 2 to 2 1/2 cups of rolled oats in a blender
2 teaspoons cinnamon
1/2 teaspoon baking soda
3/4 teaspoon stevia extract powder
1 cup of unsweetened applesauce
2 teaspoons vanilla

Preheat oven to 350°.
Mix dry ingredients together. Combine applesauce and vanilla, and add to dry ingredients. Mix.

Roll into 20 balls and flatten into circles or shape into thin logs. Place on non-stick cookie sheet, sprayed with canola oil. Sprinkle with cinnamon.

Bake for 10 to 12 minutes, or until cookies just begin to brown.

NUTRITIONAL INFORMATION PER COOKIE

: 35 calories; 0.6 g fat; 0.75 g fiber

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